A first time student far from home confronts matters onto his ‘own wheels’ story

by Moustafa Azad

Leading by example

SoBig, other viruses invade campus computers

Katie Davis
Daily Egyptian

Your details Thank you! Re: Thank you! Re: Details Re: Re: My details Re: Approved Re: Your application Re: Wicked screenname Re: This movie... Comment phrases often associated with just “wtf” or “omg,” these replies now carry a more weighted meaning — the sign of a virus that, once opened, sends itself to the user’s address book and creates closing windows and only affects Windows XP computers. Need to dean the machine and become president and become president and become president

In Moline, Black Hawk College student Brad Campbell said the virus provides a warning message before sending itself to the user’s address book and creating closing windows and only affects Windows XP computers.

Forum for more information on the viruses or how to remove them, contact the information technology customer service department at 455-5335.

After meeting with a department at human services case worker, Daily Egyptian reporter

Maloney uses his cell phone to arrange a ride back to campus with peer transit service. Like most college students, Maloney faces many challenges after moving away from home, but his problems are multiplied due to his disability.

Transmission pro essentials to each student and each student reads. I can’t say enough good.”

And Van Pett sees a demonstration in Maloney that is evident upon first glance of him: “I can tell you are making it work,” she said.

A more on Thursday with learning freshmen would have simply left Maloney lost, said Evens with the machine it has been difficult. Losing track of the window and confusing studs from his Thompson Point dorm has caused him to lose his way at least 10 times.

Rita Van Pett, coordinator of Disability Support Services, said the machine is located or where the worm originated. Campbell said LoveSan and MiMail, which operate similarly to SoBig in that they duplicit themselves through email, have not been found to create backdoors or cause lasting damage to computers.

LoveSan of the customer service center in Morris Library said the LoveSan virus, which addressed itself as admin@your.edu, or admin@your.com, to anyone in the university.

The virus provides a warning message before sending itself to the user’s address book and creating closing windows and only affects Windows XP and Windows 2000.

While LoveSan, the SoBig virus provides a warning that the computer has been infected and disguises itself by using the e-mail address of an attacker from the worm itself.

Dickie said Bradie, a 19-year-old student, began noticing changes in campus computers.

He said the virus was created so that on Saturday, it attacked the Microsoft update site, but for some reason the writers of the script did not know the current URL for the update site and instead attacked the site that pointed to the update site. When it attacked, all Microsoft had to do was run down that pointer site.

Although Campbell said he didn’t believe it was a case of How to protect the campus from the worm itself.

Now that the last number she had heard was 453:51.55. Monday morning. When most freshmen were still at home, Maloney was tailoring for college.

It is essential to learn communication skills and be open to other people, Maloney said, referring to getting acquainted with the college environment. People have questions about disabilities. Some people may say it’s none of their business, Why this? And Why not? But shut down Windows within 60 seconds of notification to either the Internet or a Network.

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Van Petts said students are working to correct the problem, but all they can ask is that people disabled in the network get the software to upload the virus off of their computers.

She also said that just because an individual did not open the virus, it does not mean that they are not infected. She said users with infected computers need to clean the virus from the computer and obtain a patch from the Microsoft operating system, both of which can be found from the customer service center in Morris Library by pointing their browser to http://www.illinois.edu/ics/winxp/wiz2-LOVE/SAN/FAQ, if they are connected to the campus network, or from the Microsoft website, which was almost not an option.

“[LoveSan] tried to create a block to the site where you go to get punched,” Montcrief said.

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DAILY EGYPTIAN
WWW.DAILYEGYPTIAN.COM

LEADING, page 10

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W32/SoBig, a new version of an old virus released Monday in the United States, made its debut on the UC campus Tuesday morning. According to USA Today, the virus first appeared late Monday afternoon in the United States, spreading to Denmark, Norway, and then on to the UK and Asia.

It joined Malware also LoveSan and MiMail, both of which had campus about two weeks ago at about the same time students began missing class. Bradie said.

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GRADING FALL 2003? Have you applied for graduation?

If not, please do so immediately!

Deadline to apply for Fall 2003 Graduation & Commencement.
Friday, Aug. 22 at 4:30pm

Application for undergraduate and law students must be completed and returned to the records and registration, woody A103.

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Applications for graduate students are available in the graduate school, woody B115. Applications must be completed and returned to the graduate school, woody B115.

The $25 fee will appear on a future graduate bill. The fee will be charged to those students who did not submit their applications by the deadline.

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Local retail stores expand selection, city budget

City economy thrives while state continues to struggle

Nicole Sack
Daily Egyptian

The arrival of new stores and business in Carbondale is not only bringing in larger shopping selections for consumers but also generating more revenue for the community.

The reformation of Carbondale's retail and industrial areas is being caused by many factors, said executive director of the Carbondale Chamber of Commerce Sam B. Bigley. One large reason why economic interests are stirring in Carbondale is the improvements made by University Mall.

Buyers Financial Trading Group, the owners of the mall, have made significant investments into the mall. "These investments have become a major draw for the town," Bigley said. The mall changed ownership in 2002, and has since experienced tremendous growth, in the past 18 months, said University Mall General Manager Debra Tindall.

"Bayview has had the financial investments to bring in new business," Tindall said.

In the past year, many brand name stores have opened in the mall including Wet Seal, Old Navy, Gap, Gap Kids, Shoe Department, and Bed Bath & Beyond.

Besides the completed projects Michael's, an arts and crafts store, will be open in early September and Hollister Co., a division of Abercrombie & Fitch, will open in the mall in November, Tindall said.

"After Hollister Co. opens in November, the mall will have opened 119,552 square feet of mall space that was vacant 18 months ago," Tindall said.

In addition to the new retail stores, the mall will be building a new food court in the east side of the mall adjacent to Southern Illinois Healthcare facility in November.

Construction will begin in October for Banta Bros. Inc., which will be located on the mall's property near the corner of Walnut Street and Lewis Lane. The new restaurant is scheduled for completion in early

See RETAIL, page 11

SIDWALK SALES

SIU junior Ben Pakter sits barefoot in front of the Student Center Tuesday trying to sell old books to passers by. This is Pakter's first attempt at a used book sidewalk sale.

You do the math.

How smart is this? All the textbooks you need for up to 60% off retail prices. And all you have to do is go to half.com and type in the book titles, or ISBN numbers. Gotta love that new math.

For a limited time, Grassland buyers:
Save an additional $5 on purchases of $50 or more:
Simply use this code: GRASSLAND
RSOs use credit cards to make money

Getting free stuff with applications can lead to debt, bad credit

Lindsey J. Mastis  Daily Egyptian

Free offers may sound great, but many students do not realize that the offers come along with a credit card.

Although signing up for credit cards benefits organizations, debt and stolen cards can soon follow.

Katherine Femmerling, director of Student Development, said the credit card companies are allowed to sell their cards on campus as long as they have a permit and co-sponsor with a Registered Student Organization.

The SUIC rugby team had a credit card fund-raiser to get money for their team. A credit card fund-raiser helps RSOs raise money by receiving a certain amount of money per credit card application that is filled out. The rugby team tries to encourage students to fill out credit card applications and, in return, applicants receive a free item.

Kathie Hoon, a junior in outdoor recreation from Poneers Grove, said the rugby team relies on fund-raisers because they do not get much money from the school.

"It's been incredible," she said. "People are just coming in and filling it out, and it just helps us out."

Hooni may have encouraged passing students to enroll in the cards, but he is not sure if it will apply for one himself.

"I'm not good with credit cards," he said. "I'm more low maintenance. I don't even know how many cards the team will receive from the fund-raiser, but he said it should be substantial enough to spend his time in the next academic year.

Femmerling said the amount of money per application given to the RSO is based on the amount of cards sold, and it estimates it being an average of $1 per application.

If you think you have had a healthy balance between helping RSOs being able to capitalize on this fund-raising opportunity and student's debt and stolen cards, it soon will end.

"You can get this, you can fill out your credit card application and get your shirt, and when you get the card, you can spend like crazy and that's what you're going to do," Reed said.

But some students use the credit cards. Larry Dietz, vice chancellor for student affairs and enrollment management, said 22 percent of the student body at SUIC has a credit card.

"We're trying to get a significant amount of cards," Dietz said. "We have a huge demand during the academic year, but it dwindles over the summer. The more students that enroll during the summer, the better we can serve our students."

These figures, which increase in times of financial hardships, such as with these, as well as the decrease in admissions from students who simply decide not to attend the University, are not a large budget for recruitment in any community. All schools to promote itself, there is not a large budget for recruitment in any community. And because many students do not live in the same location every year, the card may be sent to the wrong person.

"A lot of new students are getting their cards for the first time, or they've happened in the mail," Reed said. "We're trying to get a significant amount of cards, and at SUIC, we have a number of cards."

"We recommend not having your social security number printed on your checks," Reed said. "There is really no reason or need to have your driver's license printed on them either. A lot of people think it's very handy to have it there because they know people are going to ask for that kind of thing, but make them ads."
Police arrest, charge man for setting fire to dumpster

Dumpster fires become problem at Lewis Park

Burke Wasson
Daily Egyptian

A Carbondale man was arrested and charged with attempted arson, a felony, after he was seen by Carbondale Police officers setting fire to a dumpster at Lewis Park Apartments. Carbondale Police Officers arrested Zachary James Heinz, 33, of Carbondale at 4 a.m. Friday at Lewis Park. The department said Heinz is a resident of the apartment complex.

Police said two arresting officers saw Heinz set fire to a cardboard box doused with motor oil and then placed the lit box into a trash dumpster in the complex's parking lot. Carbondale Police Department Deputy Chief Steve Odum said the officers were already at the East Grand Avenue apartment complex on an unrelated call when they saw Heinz.

Odum said Heinz was with an unidentified male suspect who has yet to be captured. The department said Heinz and the suspect ran from the officers. When Heinz was arrested, he was found to be in possession of alcohol.

"We know they were having some fires in the spring, and the fire department is pretty concerned about it," Odum said. "I think the fires are more connected to where they've got a higher occupancy when school's going on." Odum said the dumpster fires are more dangerous than most people realize because of the threat they pose to cars parked near dumpsters.

"People who park their cars close to a dumpster and can't find any place else to park end up getting their cars damaged," Odum said. Representatives for Lewis Park apartment complex, have become a "real problem; especially with more students in town."

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Burke Wasson can be reached at bwasson@dailyEgyptian.com

U. Colorado takes title as No. 1 party school in United States

Meagan Balink
Colorado Daily (U. Colorado)

Boulder, Colo. (U-WIRE) - Not everybody thinks it's a good day for the University of Colorado to be number one, but others are prouder than ever. (Paula Blue Ribbons.)

The No. 1 New York-based Princeton Review, a company unrelated to Princeton University that provides education, testing and admissions resources and books for students, announced its famous "Best 351 Colleges" list for 2004 Monday.

Princeton magazine's rankings in two categories: CU is the number one "party school" in the nation and the number one "students almost never study" school as well.

"People really do not know how the ranking was based," said Stump. "You have to question the survey results." Princeton Review's press release said the survey is based solely on student answers to its grid of questions, which are conducted on campuses electronically with the permission of administration. The release said an average of 300 students per campus contribute to the survey.

Still, Hale said she thinks CU students aren't correctly represented in the survey.

"Stump had a warning for students that they should monitor activity and problems at their parties." he said.

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2.47 oz. box

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SCHUCKS Ultra Laundry Detergent, 100 oz. bottle-

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VitaFamily Ramen, 3 oz.

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Ban credit card solicitors from SIUC

If you can’t pay for your first car, is tall, you need to go see Mamm and Dad because you will need a co-signer. This holds true for a cell phone and sometimes even a lease. On the other hand, if you own a new stereo, the latest fashions or even books for class, all you need to do is walk across campus, fess up some personal information and sign on the dotted line.

Liz college campuses across the country, SIUC is a haven for credit card solicitors. And, according to the SIUC administration, credit card solicitation is an acceptable fundraiser.

We don’t think so.

Instead, Registered Student Organizations should find other ways to advance their programs besides making money by potentially harming students and their credit.

But this problem doesn’t start with the Registered Student Organizations that get paid for each student who applies.

Instead, the matter begins with the companies that solicit students and students are one of the most sought after target groups of banks issuing credit cards. That is a given. Students don’t tend to have high paying jobs – yet – but we do have expensive taste and we tend to live beyond our means.

After all, few students make a wage high enough to even cover tuition and room and board, much less clothes.

Nevertheless, living beyond our means now often starts a harmful trend. The University may not be able to avoid the increasing costs of educating students or even housing them, but the University can protect students – at least while they are on campus. After all, few students make a wage high enough to even cover tuition and room and board, much less clothes.

Still, we don’t need to deal with high-pressure solicitation at school. Thus, credit card solicitors should be banned from this campus, as it has been done at numerous campuses around the country. Some states, such as California, have even made strides to ban solicitation on college campuses altogether.

Such a ban would not prevent RSOs from fundraising. Instead, they may have to work just a little harder and be a bit more creative when looking for ways to make money. Even in a suffering economy, RSOs can have successful fundraisers without the involvement of credit cards. Credit cards are essential in emergencies and foreign travel, among other things. But students must be aware of credit cards and be a bit more creative when looking for ways to make money.

For credit cards, knowledge must start at home. Parents need to educate their children – even their adult children – about the positive and negatives of credit cards.

Credit cards are essential in emergencies and foreign travel, among other things. But students must be aware that credit cards should not serve as play money. Instead, they are loans that come with an obligation to repay.

University administration says students want to be treated as adults and thus should not be protected from solicitation.

We are not protected from solicitation. It is everywhere we go, including in our mall, as companies simply have to file a Freedom of Information Act to get a list of our names and addresses from the University.

Still, we don’t need to deal with high-pressure solicitation at school.

There are registered student organizations that get paid for each student who applies.

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COLUMNISTS

Nightmare on Walnut Street

I was driving through Carbondale on my lunch break last Friday when I passed a Chrysler heading east down Walnut Street. Cars honked and fingers waved at the panicky, panicked desperate to hang a u-turn out of there.

And I knew, even before I turned the mini- flic颂 on my phone to see what was what, that it was all on the news. Welcome to SIU, patriots. We've been expecting you.

You drive through Carbondale for the first time with your young wife/valedictorian; the ink still wet on her high school diploma, and you know that you are about to leave her here to sink it swim.

You'll leave responsibility, and you will be refereed. He will discover his own interests, and you will be proud. He will show up for Christmas with a tux, and you will be solid. But you hit the bullets and go through it anyway. The gas mileage was terrible. The strow down here with all that dust, so you've got boiling hot air again.

You leave him at the dormitory with a set of twin sheets, a 13-inch television and enough boxes of Rice Cris to last him until the year 2020, but it is an illusion to imagine him appearing at parent's home, creating an empty in their big empty nest without me. In my daydreams they become the ones who live on the streets, empty clothes and glass monocoons. They counted down the days until my next visit which looked like a priestess's talk show, except with a cardboard sign of a jail cell.

Luckily, this ridiculous vision of mine became better when I saw it. They move back home faster than me. Until I hee the news to them, that is.

Suddenly, Mom and Dad didn't look like wrinkle and despicable as I had pictured them. And they didn't seem less dim in my absence, because in fact, you could see me the tattoo on her thigh.

Since that few days, I've moved our currency in the thrown of college poverty more than once or twice. Each time, I have less of an actual bedroom and most of an officelocking room time-share with my parents.

But luckily, it becomes easier and easier to be on my way back in.

By Grace Friddy

The American dream?

According to the theory of the free and the house of the brave, with her amber waves of grain, prints a pretty picture for the blind)

The dream of America, with all its tradition and glory, is spilling over the top of the melting pot that has finally reached the bottom.

As the bulls fall out of sight and filtrate in the hands of liberation and positive change for global peace and harmony, our little 50-mile piece of land falls further away from the grasps and aspirations of our founding fathers, leaving the souls of common people in a cloud of high-sounding strum we are like to call progress.

We are destroying everything around us. We not only pollute the earth with our water, but we pollute the air with our hate and thoughtless words. New groove mousers daily, staggering for their rights. Blacks vs. whites, men vs. women, gay rights, minority rights, left vs. right. With so many different groups of people squabbiling for their piece of what they within to be rightly chafed, we forget that when all these groups are gone, and the madness quiets, we are all human.

We act, breath, hurt and cry the same. We laugh, tough, smile and wonder the same. One truth has held constant from the beginning of time until this very moment and will always remain. We alone have the most basic human need, it is installed in us, this natural motivation to survive. But somehow, we have found a way to ignore it and see it as our most basic instinct. We put things in world bodies that we know intuitively. We do things to our ecosystems completely aware of the detrimental effects it will have on our species and the future of the earth.

In major public universities in California, separate race-based graduation ceremonies are being held. A member of the Chicago City Council opposes the Pledge of Allegiance because he contends it is offensive to black Americans. He is saying to local people, if you don't obey us, loyalty to you that enslaved them. There are those who say, against us, they say, against children who are in same-sex households.

Our violent society is a society in which we do not need to reflect those of the DAILY EAGLE.

By Jack Piatt

LETTERS

Greetings from Iraq

I am sure you know now how I am doing here in the UN. I have not heard from home in a long time.

Love,
Laxmi

Guest Columnist

Immigrants should be treated with dignity

Marquita Brown
Daily Mississipi (U. Mississippi)

Oxford, MS: "n-"When he was alive, Isaac Contreas lived at 395 East Sixth Street in a mobile home in Canton, Miss."

As an immigration fighter for PEOC foods, he earned $6.35 an hour, money that was to be sent to his wife and children back in Vincennes, Tenn.

In June, Canton was robbed and killed. Four sequence mates were Charged with the crimes. At the time, his family was unable to even raise money to send his body back to Vincennes, Mass.

Four residents of other Hispanic immigrants in the Canton trailer park live in fear of similiar things.

This summer, when the news of Contreas's death broke, I had the oppor- tunity to travel to Vincennes, Ind., to speak with several residents of the trailer park.

As I talked to men who was washing his car, I glanced into the open egress of his mobile home. Nothing was there other than a few situtations on the floor.

When I spoke to other residents and business owners in the area, they all said the same thing. The immigrants weren't seeking trouble. They were working with our laws and trying to set their place in the land of the free and the home of the brave. Some to what they see as making the country a better place.

They have to pay their wages because they can't be seen in the cities, and they have to basically pray that they aren't caught heat about workers' citizenship or rights.

In major public universities in California, separate race-based graduation ceremonies are being held. A member of the Chicago City Council opposes the Pledge of Allegiance because he contends it is offensive to black Americans. He is saying to local people, if you don't obey us, loyalty to you that enslaved them. There are those who say, against us, they say, against children who are in same-sex households.

However, it should also be remembered that this country was founded by immigrants who came seeking a better life for themselves and their families. And that's all the same thing.

It seems as if businesses... not only those in Canton... take advantage of the immigrant problem now, but when they come back to show workers' citizenship or working conditions, they try to quickly dissimulate themselves.

Meanwhile, some people live in condi- tions that are not right. We should live in.

Whether or not they are legal citizens, they are people.

Guest Columnist

More info on IBHE needed

Dear Editor:

The August 12 story about IBHE plus to increase faculty diversity through minority fellowship programs was truly one important fact. In early 2003, Southern Illinois University conducted its first university-wide, endowment scholarship program. SIUC did not change the number of students enrolled in liberal arts with two working groups, the American Civil Rights Institute and the Illinois Opportunity Network, we. "The Louis Pena Endowment for July 5, page A10. Presumably, no SIU unit of wrf that has to award scholarships, f.s., or simply must have so many students claim, or other emphasis for race preferences.

Hubert Russell

READER COMMENTARY

Letters to the Editor are welcomed in the DAILY EAGLE.

Letters (no more than 300 words) are welcome. All letters are subject to editing.

We reserve the right to not publish any letter or column.

Letters and columns must be typed, double-spaced, and not exceed 500 words. All letters are subject to editing.

Letters are not returned to writers.

Letters must include the writer's name and address. All information used in Web stories must use the Daily EAGLE's permission.

Letters are not to exceed 500 words and must be submitted via email to editor@aileagle.com.

Phone number provided (not for publication) to verify authorship. Students must include name and department. Non-Academic Staff include position and department. Others must have a Daily EAGLE ID. All letters are limited to 300 words and guest columns. Any topics are accepted. All use subject to editing.

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Student groups back 5 percent at Western Illinois U.

Stephen A. Martin  
Western Courier  
(Western Illinois U.)

MACOMB (UI-WIRE) — A call for 5 percent of student organization money reserved with Western Illinois University—still has some officials waiting for answers.

President Earl Brown repeated his call for the "administrative cost realization" in a letter this past Wednesday. The charge was made up for a $13.1 million budget shortfall, was first announced in a letter of registration.

"Dealing with the continuing budget crisis will be a major administrative priority in the coming fiscal year," Goldfuss said.

Associate Vice President for Student Services Earl Brant said he wouldn't know exactly how much to take from student activity fund accounts until 10 days after class begins.

Western uses the "10-day count" to establish enrollment figures, giving students time to net out or add-in before establishing firm numbers. That figure was used to calculate student activity fee monies, from which the 5 percent charge will be withdrawn.

"It's a matter of looking at our enrollment," Brazez said.

A plan developed over the summer calls for taking money out of previous years instead of taking away from the current year's income. President Goldfuss has made it clear that, although not every fund has a balance big enough to allow such withdrawals, the money will be reallocated.

Meanwhile, Director of Student Services Gary Johnson said the staff has questions and will be seeking answers from Vice President for Student Services Gary Johnson.

One of the biggest questions has to do with how long the charge will remain in effect.

"Is it one year? Three years?" Haviland asked.

Vice President for Enrollment Relations John C. Maguire said the charge would be "indefinite" until the fiscal year is over.

"It's a matter of looking at our by the fall and winter quarters of next year's budget to determine if we'll be able to do with our students' money," Maguire said.

For more information contact  
Dr. John Mouchle, 453-S220
jvm@siu.edu

Take an SIUC Course Anytime, Anywhere through the Office of Distance Education

All courses carry full SIUC resident credit applicable toward a degree. ILP students can register through the 12th week (7th week in the summer). On-line courses are registered on a semester basis with the same schedule as on-campus classes. Before the Division of Continuing Education can process an ILP or Online Semester-Based Registration, you must have the following:

1. Current Admission Status
2. No Bursar or Health Service Stops. Registration cannot be processed for students with stops
3. No Tuition Account or a Student Account. All ILP and Online courses are billed through the Bursar. ILP fees are $125 per credit hour and On-line courses are $190 per credit hour ($255 for graduate level). For payment information call (618) 536-7751.
4. Course Registration Form with Advisor's Signature and complete information. An overload also requires a dean's approval or the designated dean's representative. SIUC degree students need to bring the signed registration form to our office at Washington Square "C".

Fall 2003

Core Curriculum Courses
FED 103-1 World Civilization  
GEG 103-1 World Geography  
GEOG 103-1 Earth in Human Systems  
HIST 110-1 Twentieth Cent. Amer. 2  
HIST 111-1 Amer. Religious Diversity 2  
MUS 103-1 Music Understanding  
PHIL 103-1 Introduction to Philosophy  
PHIL 104-1 Ethics  
PHIL 105-1 Elementary Logic  
PHIL 201-1 History of Philosophy  
PLB 103-1 Evolution and Society  
POL 114-1 Intro. to Amer. Gov't 1  
SOC 103-1 Intro. to Sociology  
WST 100-1 Multicultural, Perspect. Women 2  
Adaptations of Core Curriculum  
AJ 290-3 Intro. to Criminal Behavior  
ANT 202-3 American Legal System 1  
ART 110-3 Intro. to Criminal Law  
ART 115-3 Intro. to Private Sector  
ART 123-3 Art History  
ART 233-3 Meaning in the Vis. Arts  
ART 237-3 20th Cent. Art 2  
ART 247-3 20th Cent. Art 3  
Educational Psychology  
EPSY 402-3 Basic Statistics 4  
EPSY 403-3 Intro. to Social Psychology  
FIN 301-3 Int. to Computer Sci.  
FIN 302-3 Principles of Real Estate  
FIN 303-3 Principles of Finance  
FIN 303-3 Small Bus. Finance  
GEOG 201-3 Intro. to Geography  
GEOG 202-3 Intro. to Physical Geogr.  
GEOG 301-3 Intro. to Computers in Ag-3  
Geography  
GEOG 204-3 Weather  
Health Care Professions  
HED 103-3 Career Decision Making/3  
HED 110-3 Journal of Health/3  
HED 110-3 Personal Health/3  
HED 117-3 Introduction to Health Prof/3  
HED 212-2 Health and Safety/2  
HED 213-2 Fitness/2  
INE 430-3 Introduction to Research/3  
JRN 113-3 Organizational Behavior 3  
JRN 143-3 Small Business Mgmt. 3  
MGMT 363-3 Business Statistics 3  
MGMT 373-3 Business Strategy 3  
MKET 350-3 Small Bus. Marketing/3

Mathematics
MATH 101-3 Intermediate Algebra  
MATH 103-3 Intermediate Algebra  
MATH 105-3 Intermediate Algebra  
MATH 213-3 Calculus I  
MATH 217-3 Calculus II  
MATH 237-3 Calculus III  
PHIL 103-1 Introduction to Philosophy  
PHIL 104-1 Ethics  
PHIL 105-1 Elementary Logic  
PHIL 201-1 History of Philosophy  
POL 114-1 Intro. to Amer. Gov't 1  
POL 115-1 Intro. to Amer. Gov't 2  
POL 212-1 Amer. Chief Executives 2  
POL 213-1 Pols. of Foreign Nations 1  
POL 214-1 Pols. of Foreign Nations 2  
POL 215-1 Pols. of Foreign Nations 3  
POL 216-1 Pols. of Foreign Nations 4  
POL 414-1 Pol. IV: Political Systems in America 1  
POL 415-1 Pol. IV: Political Systems in America 2  
POL 444-1 Political Analysis 1  
SHMO 100-1 Intro. to Political Analysis 1  
SHMO 101-1 Intro. to Political Analysis 2  
SHMO 102-1 Intro. to Political Analysis 3  
SHMO 103-1 Intro. to Political Analysis 4  
WST 100-1 Multicultural, Perspect. Women 2  
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GEOG 301-3 Intro. to Computers in Ag-3  
Geography  
GEOG 204-3 Weather  
Health Care Professions  
HED 103-3 Career Decision Making/3  
HED 110-3 Journal of Health/3  
HED 110-3 Personal Health/3  
HED 117-3 Introduction to Health Prof/3  
HED 212-2 Health and Safety/2  
HED 213-2 Fitness/2  
INE 430-3 Introduction to Research/3  
JRN 113-3 Organizational Behavior 3  
JRN 143-3 Small Business Mgmt. 3  
MGMT 363-3 Business Statistics 3  
MGMT 373-3 Business Strategy 3  
MKET 350-3 Small Bus. Marketing/3

- NEWS
James Maloney is a leader. He was vice president of student government and became president at Black Hawk College in Moline. He represented students as the student trustee for the Black Hawk district.

He presided over a chair for the Illinois Community College Board Student Advisory Committee, where he worked at a state level as well as with the most prestigious and highest of all educational boards in the state, the Illinois Board of Higher Education.

"It fills up a lot of time doing stuff for other people," Maloney said with a grin. "I don't know how to explain it."

And he does all of it on four wheels. Maloney has cerebral palsy, a medical condition that afflicts control over a person's muscles. Children and adults who have cerebral palsy may be unable to walk, talk or eat. It is caused by injury to the brain before, during or shortly after birth.

"Because I have CP and needed others' assistance with my life, the only way of giving back was helping others," he said. "And it's useful when working in disability services and social services because you have to know your resources."

"Talking with Maloney gives an impression on just how well versed he is in helping a variety of people, which he attributes to his training in various fields of volunteer work as well as professional social services training. But there was something missing from his life."

"Relaying on his family for assistance, something that Maloney has tried to shun, prompted his pilgrimage to Carbondale, and it has opened his eyes."

This is Maloney's first year away from home. The junior transfer from Black Hawk College moved in Monday morning. When most freshmen were still at home, Maloney was training for college.

"It is essential to learn communication skills and be open to other people," Maloney said, referring to getting accustomed with his environment. "People have questions about disabilities. Some people say it's none of their business. Why this? And why that? But answering those questions is essential to breaking down barriers and stereotypes. "Everybody who is born has a disability to some degree. A lot of disabilities aren't seen."

Communication is the key to Maloney's success. Whenever he goes, he plans on making an impression, whether it's Moline or Rock Island where he was born. Maloney's secret is being able to talk, but listen too.

"If you are open it makes them more comfortable," Maloney said. "Because if you're not open it makes people afraid to interact with you, because they don't know how to interact."
Western Illinois U. adopts cost guarantee model for new state law

Crystal Undeni (Western Courier)

MACOMB (U-WIRE)
Students at Western Illinois University have enjoyed the benefits of a cost guarantee program since 1999. Public Illinois universities will be required by law to offer similar programs to first-year students starting 2004-2005 school year, according to a university press release.

The law, referred to as Truth in Tuition, was announced July 23 and would guarantee students a stable tuition rate for four years. It only applies to undergraduates at Western's program.

"Western was the model. The governor mentioned Western Illinois University's program when the bill was introduced. However, Western's version is much broader," said Assistant Vice President for University Relations John Maguire.

"While Western was the first, it will not change that," said Maguire.

Western extends this policy to fees as well as room and board. Illinois has gained national attention from the program. According to the article, "Western was the model. The University Press release, however, Western's model. "It's not that we're just opening the door, but in the future we're going to inhabit the rest of the institutions," said West's director of state policy analysis, Kevin Joyce.

The program guarantees students the same tuition rate with which one begins college. The underlying desire is a good one: to put predictability and stability into getting tuition. The question is how effective it will be," said Teris Reindl, director of state policy analysis at the Illinois State Colleges and Universities told The New York Times.

State Representative Kevin Joyce, a democrat representing part of "Viggo and its southwest suburbs, introduced the bill. According to the article, Joyce got the idea when he met students who dropped out of school for a semester or longer when tuition increases were too much.

"It has gotten so bad, that people said that anything - any kind of predictability - would be good," Joyce said The New York Times.

The sales tax in Carbondale is 2.25 percent of which 3 percent belongs to the State of Illinois. The remaining 2.25 percent of the sales tax is re-distributed into the county of the City of Carbondale.

Jackson County receives 25 percent, while the city of Carbondale one percent municipal sales tax and one percent home rule.

Of the two percent sales tax the State of Illinois collects the sales tax from all the businesses, the sales tax is then redistributed to all the municipalities and to all the counties, said Tessone.

"The dream of a college education is something we must encourage, not discourage," Gov. Rod Blagojevich said when he signed the legislation, according to the article. "Today we are doing our part to keep that dream alive."

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"It has gotten so bad, that people said that anything - any kind of predictability - would be good," Joyce said The New York Times.

Billy Grooves (The Record)

HACKENSACK, N.J. (NJ.COM) - Paul Courtris has his heart set on getting a new TV for his family. For now, he will have to settle for the next best thing.

On Aug. 27, Mars will swing nearer to Earth than it has in almost 60 years, offering a rare, close-up look at one of the most beautiful planets in the sky.

Every two years, a telescope will be out at night, if the weather's good," said Courtris, president of the Mars Society of New York.

"It's the closest we'll be to Mars, until we send people there," said Courtris, part of an international group that wants mankind to explore and even inhabit the Red Planet.

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Army begins incinerating nerve agents in Alabama

Anniston, Ala. (KRT) — Birds are not dropping from the skies over eastern Alabama amid concerns that chemical clouds hovering darkly, but Evelyn Ervin can’t seem to shake those possibilities.

"It's scary, they say it's safe, but why would they know?" said Ervin, 78, as she sat on her home's porch swing, near the gates of the Anniston Army Depot. "Who knows what that stuff can do?"

That "stuff" includes sarin nerve agent, mustard gas, and other lethal chemicals packed into hundreds of thousands of rockets and artillery shells, part of the United States Cold War arsenal.

After years of legal delays, the Army this month began the controversial process of incinerating the stockpiled munitions, which have been stored on this site in eastern Alabama for four decades. This will mark the first time in the nation's history that incineration alone has been used to destroy chemical weapons near a populated area, experts say.

On Saturday, Aug. 9, when it got underway, the process worked as planned. Over that weekend, the site incinerated 13,355, 5 1/2-foot-long packets made of fiberglass and aluminum and filled with sarin. But problems with the hydraulic and cooling systems forced the process to shut down on Aug. 11 and 12. At 1 30 p.m. on Aug. 16, the Army resumed burning.

The Army has spent a billion dollars getting toxic substances. It is being used to destroy chemical weapons containing 2,253 tons of chemical agents. They were stored in concrete-reinforced, earth-covered bunkers in an 800-acre corner of the sprawling Army depot.

Army officials insist that the incineration process is the "most advanced and well-tested method of disposing of such a stockpile."

"Virtually fail-safe is how Abrams described it. "There are 750 of us working out there," he said, "and none of us are suicidal."

In the process, holes are punched into each weapon to drain its chemical contents. The weapon is then chopped into eight pieces and fed into a 1,100-degree furnace, which burns off any last chemical traces. The drained chemicals go into a holding tank, and they will be poured into a large batch, likely in late fall.

The Army has used the process before, but in more remote locations — on Johnston Atoll, a small island in the Pacific Ocean, and in the desert near Tooele, Utah.

The Army is testing another incinerator near Pine Bluff, Ark., and is expected to begin burning chemical weapons there late next year.

Opponents, however, want the government to use another method in Anniston, a process known as neutralization. In that method, water and other chemicals are used to dilute and deactivate the toxic substances. It is being used at the Aberdeen Proving Ground in Maryland.

In the 1970s, the military used a dual process of burning and neutralizing chemicals at a site eight miles from Denver.

Supporters of incineration, including Alabama Gov. Bob Riley, believe that the greater danger in Anniston would be doing nothing, allowing the aging weapons to leak or, worse, fall into the hands of terrorists.

"The safest thing is to destroy them as quickly as possible and get them out of the community," said Riley, who represented the region for six years in Congress before becoming governor in January.

Charles Steele, who runs the depot's community outreach office in downtown Anniston — a large storefront full of handouts, models and reams of studies showing the process to be safe — equates the weapons to a pit of rattlesnakes in a backyard.

"You may know they can never get out," he said, "but wouldn't you want those rattlesnakes gone?"

Bertha Pearce would. She lives just down the road from the depot's front gates.

"I trust they know what they are doing," she said. "I just want those things gone."

Critics, however, say that it is only a matter of time before worst fears are realized.

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macstore@siu.edu - 618-453-8987
Located in the basement of the Communications Building (next to Computer Learning Center 4)

*Malin et al. Student ID or Letter of Acceptance required. Additional terms apply.

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1968 DODGE COLT-VISTA Wagon dark green, 1 owner, no-smoker, ac, auto, new engine, trans, $1,200, seat seven, 4 door hatchback, $1,175,
1995 BUICK REGAL, used condition, very nice, very clean, $2,200, 1 owner, no-smoke, $2,200.
1974 CHEVY LUMINA, beige, 4 dr, new tires & brakes, excellent condition, $1,750, call 529-2012.
1993 OLDS CUTLASS Supreme 4 dr, 60,000 mi, new tires & brakes, extremely clean, very nice, $4,000, 1 owner.
1989 PONTIAC GRAND AM, 5 dr, manual, air-conditioned, very nice, $2,200, 1 owner.
1934 PLYMOUTH VICTORION 4 dr, $1,200, no owner, no dump.
1992 CHRYSLER LeBaron, fully loaded, very nice, $3,800, 1 owner, no accidents.
1959 MAZDA 616, 4 dr, very nice, $1,500, one owner, perfect maintenance, excellent condition.
1998 PONTIAC GRAND AM, Champagne, great condition, 100,000 mi, $4,500, new tires, 1 owner.
83 DODGE SHADOW 2 dr 5 mi, 2 owner, no accidents, new tires, new brakes, excellent condition, $1,200.
1939 FORD MODEL A, 2 dr, original paint, dr. licensed, very nice in Southern Park, no pets, $2,900.

Parts & Service
STEVE THE CAR DOCTOR mobile repairs, 7am-7pm, 312-579-4513, 411-9173 or mobile 529-2813.

Motorcycles
1979 HONDA GL1000, new tires & brakes, air-conditioned seat, $1,300, call 529-3202.
2001 SUZUKI MARAUDER 800, new tires, new brakes, very nice, $4,000, 1 owner.

Mobile Homes
1980 MOBILE HOME, 2 br, 2 ba, central heat, air-conditioned, $1,200, 1 owner.
1979 FAIRMOUNT MOBILE home 2br, 2ba, central heat & air, $2,500, 1 owner.
KING NICE’S SHOP, 2 br, central heat, air-conditioned, $2,500, in Southern Park, no pets, $2,900.

Furniture
2 & A USED FURNITURE 4 mars 1 out of Marion on old 13 at 116, door to drive or call Steve, $2,000.00. It is the largest used furniture stores in the area, 903-769-3572.

Computers
COMPUTER PROBLEMS? Computer repair, advice, help, etc., call Brian, 529-2057.

Yard Sales
MASTER BED, chaise lounge, 3 door hutch, 8'00am-4:30pm, 809-37-7192.

Computers
COMPUTER PROBLEMS? Computer repair, advice, help, etc., call Brian, 529-2057.

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MASTER BED, chaise lounge, 3 door hutch, 8'00am-4:30pm, 809-37-7192.

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Yard Sales
MASTER BED, chaise lounge, 3 door hutch, 8'00am-4:30pm, 809-37-7192.
NICE 1•2 BDRM, UNFURN, great view, near SIU, water & trash, $525/mo, 549-2590.

NICE, new 1 Bdrm, w/d, heat, gay, near SIU, water & trash, $450/mo, 529-3631.

NICE, new 2 BDRM, unfurnished, great view, near SIU, water & trash, $525/mo, 529-3631.

REASOUCH PRICE EFFICX, 2 BDRM, 1 1/2 bath, near SIU, all utilities inc., $475/mo, 529-2490.

NEW RENTAL, 1 1/2 BDRM, unfurnished, great view, near SIU, water & trash, $525/mo, 529-3631.

RENT TO OWN, 2 BDRM townhouse, full utilities, $450/mo, 529-3250.

NICE, new 1 BDRM, unfurnished, great view, near SIU, water & trash, $450/mo, 529-3631.

RENT TO OWN, 2 BDRM, unfurnished, great view, near SIU, water & trash, $450/mo, 529-3631.

NEW RENTAL LIST aval on front porch of 508 W Oak, Bryant St., 529-4282 or 529-6798.

NICE, new 1 BDRM, unfurnished, great view, near SIU, water & trash, $450/mo, 529-3631.

RENT TO OWN, 2 BDRM, unfurnished, great view, near SIU, water & trash, $450/mo, 529-3631.

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RENT TO OWN, 2 BDRM, unfurnished, great view, near SIU, water & trash, $450/mo, 529-3631.
HELP WANTED

Morning Circulation Driver

Distribution of morning circulation route

(Monday - Friday)

* Monitor newspaper exchange in local areas

* Morning 8 a.m. - 10 a.m. work block

Must be enrolled full semester 2003 at SIU for at least 6 credit hours

* Good driving record a must

Complete a DE employment application available in the Daily Egyptian

For more info call Jerry at 536-3311, ext. 241

WANTED

Marion/Herrin

Circulation Driver

* Day Shift.

* Must have large workblock on Thursdays.

* Must be enrolled at SIU fall 2003 for at least 6 credit hours.

* Good driving record a must.

* Good organizational and customer service skills a must.

Complete a DE employment application available at the Daily Egyptian Service Desk.

For more info call Jerry at 536-3311, ext. 241.

Daily Egyptian Classified Advertising Order Form

Name

Address

Phone #

Date

Classified Advertising Rates

1 Day...(3 line minimum)....$4.00 per line
3 Days. . . . . . ..... $12.00 per line
5 Days. . . . . . . . . .... $18.00 per line
10 Days. . . . . . . .... $24.00 per line
20 Days. . . . . . . .... $48.00 per line

Directions

* Complete all steps.

* One letter or number per space.

* Periods and commas use one space.

* Skip one space between words.

* Count any part of a line as a full line.

Calculating Payment

Cost per Line = Hours

Add $2.25 service fee per error

Number of Errors

Cost $2.25 x number of errors

$2.25 x number of days

$2.25 x number of days

$2.25 x number of days

$2.25 x number of days

$2.25 x number of days

Method of Payment

Check or money order enclosed for $_________ or send credit card info below.

Credit Card #

Exp. Date

Amount $_________
Prizes And Aquarium Give A-way

"We are a full line pet shop with all the supplies you need to make your pet critter happy!"

Monday - Saturday 10-7

549-7211

Savings Every Day On Cage(s)

The BEST Inventory of Pets & Supplies in Southern Illinois.

Located at the Murdale Shopping Center

FREE PASTA!

ITALIAN RESTAURANT

Purchase one huge order of pasta and receive one order of pasta of equal or lesser value FREE!!

House pastas are our best sellers. Gravy and sauce items included. University Mall location only. Not valid on lunch, dinner or pasta specials. Cannot be used with Kids Eat Free! Takeout only. No restrictions.

TUESDAY, AUGUST 20, 2003

Aquarius (Jan. 20-Feb. 18) - Today is a 5 - As you work your way through a seemingly solid situation, remember it’s both strong and comfortable, and you got it at a good price. You can always take it back, if you did get the right thing.

Pisces (Feb. 19-March 20) - Today is a 6 - You’re a much happier person when you have an unlimited allowance. You should be rich, and you can be, too, once you learn not to waste money. Stay calm, even if everything seems to be a tad confusing. You’re quick and smart, and you have a good team on your side.

Aries (Mar. 21-Apr. 19) - Today is a 7- You’re a seemingly solid situation may have an illusion. Hold all on a final decision until you see how the first few days go.

Taurus (April 20-May 20) - Today is a 6 - Don’t worry if you didn’t get the right thing. It can be created and destroyed. That’s why it’s so important for you to focus on creativity. Don’t dwell in the past, just move on.

Gemini (May 21-June 20) - Today is a 7 - You’re becoming more powerful, but that also means you have to be more disciplined. Don’t get yourself in too much trouble by not realizing your own strength.

Cancer (June 21-July 22) - Today is a 6 - If anything can give you trouble now, expect that it will. Be alert and flexible for the next couple of days and all will turn out well - or as well as can be expected.

Leo (July 23-Aug. 22) - Today is a 6 - When you expand your influence, you get out of your comfort zone. That means you encounter new problems, or challenges, and you are prepared to handle them.

Virgo (Aug. 23-Sept. 22) - Today is a 5 - Stay calm, even if everything seems to be a tad confusing. You’re quick and smart, and you have a good team on your side.

Libra (Sept. 23-Oct. 22) - Today is a 7 - The first light of a new day. Everything seems to get a tad confusing; You’re flexible for the next couple of days and all will turn out well - or as well as can be expected.

Scorpio (Oct. 23-Nov. 21) - Today is a 6 - As you work your way through a seemingly solid situation, remember it’s both strong and comfortable, and you got it at a good price. You can always take it back, if you did get the right thing.

Sagittarius (Nov. 22-Dec. 21) - Today is a 8 - As you know, money is a concept, it can be created and destroyed. That’s why it’s so important for you to focus on creativity. Don’t dwell in the past, just move on.

Capricorn (Dec. 22-Jan. 19) - Today is a 9 - A seemingly solid situation may have an illusion. Hold all on a final decision until you see how the first few days go.

Aquarius (Jan. 20-Feb. 19) - Today is a 6 - Don’t worry about a recent purchase. If you didn’t get the right thing, you can always give it back, if you feel the sight thing isn’t both strong and comfortable, and you got it at a good price.

Pisces (Feb. 19-March 20) - Today is a 6 - You may feel as if you’re moving into one hamster wheel after another, but that’s the case, stick with what you’re going to make it work!
**FREE PASTA!**

ITALIAN RESTAURANT

Purchase one large order of pasta and receive one order of pasta of equal or lesser value FREE!

Please present coupon when ordering. Carryout of sales tax and alcohol. University Mall location only. Not valid on lunch, dinner, or pasta specials. Cannot be used with Kids Eat Free.


**PRIZES AND AQUARIUM GIVE-AWAY**

**Monday - Saturday 10-7**

549-7211

**SAVINGS EVERY DAY ON CAGES**

The Best Inventory of Pets & Supplies in Southern Illinois.

Located at the Murdale Shopping Center

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**DORMANT LIFE**

**NO APPARENT REASON**

by Brian E. Holloway

Frank is a 43 year old beer can collector who also drinks the beer from the cans. In addition to beer, he also enjoys television. Frank has 93 beer cans so far.

Frank is seeking a 40 year old female to help him buy the beer so he can get more cans. No time wasters, please.

---

**DAILY HOROSCOPE**

By Linda C. Black

Today's Birthday (Aug. 20): You're learning about discipline. It's a valuable skill to have. And besides, it will help you learn to climb. By this time next year, you can be much higher than you are now.

To get the advantage, check the day's rating: 10 is the easiest day, 6 is the most challenging.

**ARIES** (March 21 - April 19): Today is a 6 - The first time things you try may not work, but don't lose your self-confidence. These are usually your stepping stones for achieving your final goal.

**TAURUS** (April 20 - May 20): Today is a 4 - You're certainly stubborn, and that's a good thing, but your progress seems to be slow. Remember, the snail did win the race, you can get what you want on your terms.

**GEMINI** (May 21 - June 20): Today is a 7 - You're becoming more powerful, but that means you have to be more disciplined. Don't get yourself into trouble by not doing your own strength.

**CANCER** (June 21 - July 22): Today is a 6 - If anything can give you trouble now, expect that it will be alert and flexible for the next couple of days and all will turn out well - or as well as can be expected.

**LEO** (July 23 - Aug. 22): Today is a 6 - You may be a much happier person when you have an unlimited allowance. You should be, and you can be, too, once you learn not to waste money.

**VIRGO** (Aug. 23 - Sept. 22): Today is a 5 - Stay calm, even if everything seems to get a tad confusing. You're quick and smart, and you have a good team on your side.

**LIBRA** (Sept. 23 - Oct. 22): Today is a 7 - When you expand your influence, you get out of your comfort zone. That means you encounter new problems, or, challenges.

**SCORPIO** (Oct. 23 - Nov. 21): Today is a 6 - A seemingly solid situation may have been an illusion. Hold on a bit for a final decision until you see how the next few days go.

**SAGITTARIUS** (Nov. 22 - Dec. 21): Today is a 7 - You wanted changes, and you've sure got 'em, one right after another. Luckily you love excitement. Get a partner to help.

**CAPRICORN** (Dec. 22 - Jan. 19): Today is a 6 - It's not so clear what's about to change. Entry is a little unclear, but it may give you some good guidance.

**AQUARIUS** (Jan. 20 - Feb. 18): Today is a 4 - Don't worry about a recent situation. If you didn't get the right thing, you can always fix it later. If you did get the right thing, it's built strong and comfortable, and you get it at a good price.

**PISCES** (Feb. 19 - March 20): Today is a 6 - You may feel as if you're running into one barrier after another. If that's the case, start watching where you're going. Wake up!
Tatum remains out until October

Zack Greglow | Daily Egyptian

SIU's most heralded incoming basketball recruit, Jamal Tatum, was playing a pickup game on a blacktop court in his hometown of Jefferson City, Mo.

Expected to be a major contributor this fall, he was trying to keep his game as crisp as he could before his awaited arrival to the Saluki backcourt.

But one swing moment at that pick-up game July 5 almost kept him out of practice until mid-November.

"When he fell down after a layup, Tatum pushed himself off the court, but a piece of glass that laid on the blacktop pierced his right hand, which he shoots with."

At first, Tatum didn't think much of the cut, but when he couldn't get the bleeding to stop, he knew something was wrong.

"I thought it was going to be fine," Tatum said.

Later that night he went to the emergency room and there the staff administered stitches. But the injury ran deeper than deep, as Tatum had sustained a torn tendon in his hand.

He underwent surgery to repair the tendon on July 16.

"This was pretty severe," Tatum said. "And the worst was pretty complicated. If the tear went farther down, I would have had to have surgery on my wrist too."

But the injury heals correctly, no one expects any foreseeable complications.

Knowing the importance that Tatum will have on SIU's season, head coach Matt Painter had to express the need to be patient.

"He is competitive and wants to get back right away, but with the type of injury he has to be cautious," Painter said. "And Tatum has been just that."

With an injury that could have easily kept him out of practice until November, Tatum is ahead of schedule and expected to return Oct. 1.

"I hope Tatum takes advantage of the time off and takes the needed time to learn at practice even though he isn't completely physically," Painter said. "But Tatum will still try to get in some workouts."

"It is a setback, definitely," Tatum said. "I am not going to be able to go through some individual workouts with my right hand."

"I will just do left-handed," Painter said.

Zack Greglow can be reached at zgreglow@dailyEgyptian.com

Freshman guard and SIU recruit Mike Dale, Tatum had surgery to repair a torn tendon in his right hand recently.

Softball

CONTINUED FROM PAGE 20

"We're very excited about going to Hawaii for the Mid-Illini Tournament and the competition that will face," Blacktop said. "It's a reward for the kids that bought into coming to SIU."

The final tournament for SIU is the Saluki Round Robin March 13-14 which will include Kansas, DePaul, Tennessee Tech and Illinois State.

The non-conference slate is a strong one for SIU and includes some games against Southern Illinois State (Mar. 25) and Saint Louis (April 14) and road contests at Hawaii (Mar. 9-10), UTFort Martin (April 1), Kansas (April 19) and Illinois (April 27).

The Saluki start MVC play March 20 when Northern Iowa comes to town for a three-game series.

Other MVC schools making the trek to Carbondale this year include

Evansville (April 7), Illinois State (April 10-11), Creighton (April 14-25) and Indiana State (May 8-9). The Salukis go on the road for matchups against Drake (March 27-28), Southwest Missouri State (April 2-3), Wichita State (April 17-18), Bradley (May 1-2) and a second go-around against Evansville (April 22).

Blacktop said the MVC schedule should be tougher than usual and he hopes the early season tests will pay off.

"Our conference this year is probably the most loaded in the 14 years since I've been here," Blacktop said. "I know that's a bold prediction, but I truly believe that Illinois State, Creighton, Evansville, Wichita State, SNS and SIU could do something."

One benefit to the schedule for the team is that SIU will not have to leave the state of Illinois after April 22.

The Saluki final 11 regular season games include six home games against Creighton and Indiana State, a two-game series in Champagnes against Illinois and a three-game stint against Bradley in Florida.

In addition to these games, the MVC Tournament will be held at SIU's Charles West Stadium - Rechtenstein Field starting on May 13.

While the Salukis will not get to play meaningful games until February, they will be able to get in some game action before then.

The first chance to play for the Salukis will be during a trio of fall tournaments. SIU stars things off with the Saluki Invite on Sep. 13-14.

The other two tournaments are the Saint Louis Tournament in Kirkwood, Mo., Sept. 21-22 and the Stone City Tournament in Joliet on Sept. 27-28.

Roger DeJuergen can be reached at jdejuergent@dailyEgyptian.com
GUEST COMMENTARY

Going out with a bang

By Tommy Koutsos

A season is judged by wins and losses, but sometimes the journey through those wins and losses can tell more about a person or team.

College football is different than high school football. At the young age of 18, I thought things would be different. In reality, everything was different, but the football always stayed the same.

The game of football is the only reason I stayed on this campus. Whenever I wanted to transfer or leave, I could never do it. Football is much more a part of me than I know.

College football players are a different breed. For four years, football encompasses our total lifestyle. In those four short years, a boy transforms into a man both physically and mentally.

My freshman year ended with a 0-6 record and zero progress. Unfortunately, our following season ended with disappointment and Coach Quares was fired. Then came Coach Kill, and now the program is definitely on the rise.

Last year was one of the most depressing times of my life. I was unable to help the team and was doubtful of my return. The Salukis were to step foot on a field, come in 18 years ago, and submit with author's permission. All letters are limited to 300 words and guest columns to 300 words. Any topics are accepted. All subject to editing. We reserve the right to not publish any letter or column. Letters taken by fax (453-8244) and e-mail (sports@dailyEgyptian.com). Phone numbers needed (not for publication) to verify authorship.

READER COMMENTARY

Students must include year and major. Faculty must include rank and department. Non-academic staff include position and department. Other staff include author's hometown.

Guest Commentary

B-Rob brings hail to SIU's storm

By Zack Crelog

On this season's highly anticipated squad, a common name that pops up is Robinson.

"He's like a utility player in baseball," Etiason said. "He can do anything you want. You never need a player like that, and that is why we are lucky." But what does that mean? A first-team all-conference backfield, but all-conference selections are supposed to be the best player at that position. That mean having a heavy flavor of Saluki in the backfield, so be it.

This is not meant to be an attack on Schurman or SMS but one up the voting committee. Maybe they didn't feel they should have 11. All-Saluki backfield, but all-conference selections are supposed to be the best player at that position. That mean having a heavy flavor of Saluki in the backfield, so be it.

This smid is a lack of respect to Robinson and his help in turning around the Saluki program. With the credentials Robinson has, many and football supporters should be considering him as the most versatile back in all of Division I-AA football.
Bergen finishes eighth in 25k open-water championships

Ethan Erickson
Daily Egyptian

Sophomore swimmer Briley Bergen hangs her feet in the pool at the Recreation Center Monday evening where she spends most of her morning practice with the team. Bergen, who went to Spain the tropical paradise of Honolulu, Hawaii, this summer to compete in the tenth ANA Open Water World Championship, placed 16th in the 1 Ok open-water championships.

Bergen, who enjoys open-water swimming more than pool swimming, is entering her second year in the pool after a break to concentrate on open-water swimming. Goelz said the experience should help Bergen advance her indoor swimming career.

"If you know that you’ve competed with some of the best in the world, I think that it emphasizes and it re-emphasizes that what we’re doing must be working because she performed so well," Goelz said. "So I think that just gives her a good stepping stone to get to the next level at the pool swimming."
Fun for Everyone!!

Competing, exercising, and socializing are just some of the benefits from participating in Intramural Sports. Maybe you are looking to play a sport that wasn't offered in high school? All year long, Intramural Sports will keep your competitive drive in high gear with its wide variety of sports and leagues.

Do you think that you aren't athletic enough or don't know how to play a certain sport? Well, no more excuses! Three levels of play including novice, intermediate, and advanced ensure everyone can participate and have fun. Both individual and team sports are offered with men's, women's, and co-rec leagues in most sports. Basketball, volleyball, wallyball, softball, and flag football are some of the traditional team sports you can play. Individual and dual events include table tennis, racquetball, and wrestling. Want to get away from the traditional? Sign up for innerube waterpolo or team handball. Whatever your sport interest, you can be sure that we have an outlet for you! To sign up, go to the SRC Information Desk or check out our website at www.siu.edu/oirs to see our sports calendar with a complete list of registration dates and instructions.

Intramural Sports Fall 2003 Schedule

<table>
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<th>Team Sports</th>
<th>Rosters Available</th>
<th>Captains' Meeting</th>
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<tr>
<td>Volleyball</td>
<td>8/19-9/02</td>
<td>9/02</td>
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<tr>
<td>Softball Practice League</td>
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<tr>
<td>Flag Football</td>
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<td>Floor Hockey</td>
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<tr>
<td>Basketball Practice League</td>
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<tr>
<td>Indoor Soccer Tournament</td>
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<tr>
<th>Individual/Dual Events</th>
<th>Registration</th>
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<tr>
<td>Squash</td>
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<table>
<thead>
<tr>
<th>Special Events*</th>
<th>Registration</th>
<th>Tentative Dates</th>
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<tbody>
<tr>
<td>Sport Fest (see Student Resident Advisor)</td>
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<td>Home Run Derby</td>
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<tr>
<td>Turkey Trot 3.1 Mile Run/Walk</td>
<td>10/15-11/08</td>
<td>11/08</td>
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</tbody>
</table>

* One or two day event

Listed dates & times are tentative.

Rec Check Phone #: 536-6602
Call 453-1273 for current information.

Intramural Sports are FREE to ALL SIUC Students!

www.siu.edu/oirs
(618) 536-5531
Important Phone #'s

General Info  536-5531
Adventure Resource Center  453-1285
Aquatics  453-1376
Base Camp  453-1287
Campus Lake  453-2076
Disabled Student Recreation  453-1265
Group Fitness  453-1275
Instructional Programs  453-1263
International Student Recreation  453-1267
Intramural Sports  453-1273
Racquetball/Squash/Tennis Reservations  453-3020
Sport Clubs  453-1376
Sports Medicine  453-1292
Youth Programs  453-1267
Base Camp Policies
Check-Out: A valid student I.D. or Student Recreation Center membership is required to check-out or reserve equipment. Advance reservations are suggested and may be made up to one month in advance. Reservations must be made in person with full payment due at that time. Reservation cancellations must be made in person at least one Base Camp business day prior to the requested check-out day, or your rental payment will be forfeited. Cash refunds will not be given. Credit vouchers may be issued.

Rental Fees: Rental fees may be paid with cash, MasterCard/Visa/Discover, or personal check. No refunds will be made for any equipment rented but not used. See below for equipment available through Base Camp.

Penalty Fees: Persons returning equipment after the designated due date will be charged a late fee. Cleaning and drying fees may also be charged. It is suggested that you rent equipment one extra day to allow for cleaning. Those who damage or lose equipment will be charged to repair or replace it.

Renters are encouraged to check the condition of all gear before leaving Base Camp. Renters are responsible for the condition of all gear once they leave. If gear not returned in the same condition as loaned out, the following fees will be assessed:

- Tents: $15
- Sleeping Bags: $6
- All other items: $5

Improper Equipment Return: If rental equipment is not returned during Base Camp hours, an improper return fee will be charged.

Base Camp Hours:
- Mon., Tues., Thurs., Fri. 3-6 pm
- Wednesday CLOSED
- Saturday 10 am - 4 pm
- Sunday 3 - 8 pm

Climbing Wall
Take the challenge of climbing the wall at the SRC. The 28-foot high indoor rock climbing wall has adjustable handholds which may be repositioned to alter the difficulty of the climb! You don't have to be familiar with rock climbing or have your own equipment to use the Climbing Wall. All the equipment you will need is provided. Climbing is allowed only when supervisors are present. Climbing instruction is also available.

Climbing Wall Hours:
- Mon. and Wed. 7:00 - 9:00 pm
- Tues. and Thur. 6:00 - 8:00 pm

Climbing Roof
Getting the hang of climbing upside down is easy with the Climbing Roof System. The Climbing Roof is an inverted rock climbing facility located under the central staircase in the lower level of the SRC. Helmets are available for check-out at the Equipment Desk and must be worn at all times when using the Climbing Roof. No instruction or supervision is necessary.

Climbing Roof Hours:
- SRC building hours
- Adventure Resource Center
Let the Adventure Resource Center (ARC) introduce you to many of the unique features of southern Illinois. The ARC sponsors a wide variety of FREE clinics. Rock climbing, kayaking, caving, and backpacking clinics are typically offered each semester. The ARC also organizes day and weekend trips to various lakes, parks, and wilderness areas.

Information and Trip Planning: If you are interested in reading about the "great outdoors," you can browse through dozens of magazines and newsletters in the ARC lounge. Planning a trip? The ARC has a variety of reference materials which can make trip planning easier. The ARC has information on areas both within and outside of Illinois. If you are unable to stop by during office hours, you can call or fill out an information request card, and we will research the areas of interest and mail you the information.

ARC Hours:
- Mon., Tues., Thurs., Fri. 3-6pm
- Wed., Sat., Sun. CLOSED

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<th>Student Week (7 Days)</th>
<th>SRC Members Day (24 Hrs)</th>
<th>SRC Members Week (7 Days)</th>
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* Includes: 1 canoe, 2 PFDs
** Includes: 1 kayak, 1 PFD
*** Includes: 1 kayak, 2 PFDs
**** Includes: 1 canoe, 2 PFDs, 2 paddles
***** Includes: internal or external backpack, sleeping bag, and sleeping pad

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(618) 536-5531
Outdoor Adventure Programs

Cedar Lake Canoe #141053
Trip Date: Saturday, Sept. 13
Mandatory Pre-Trip Meeting: Wednesday, September 10, 7 PM at the ARC*
Want adventure not far from home? A weekend on Cedar Lake offers a chance to get out, but stay close. We'll find our way to the south end of the lake and portage onto Little Cedar Lake for a secluded lunch break. The rest of the day will be spent exploring both lakes and fishing if you have a pole and license. No experience needed; basic canoe instruction will be provided. Prices include transportation, equipment, and guide for the day. Price: S/M/E=$113 U=S130

Bike Tunnel Hill
State Trail #141002
Trip Date: Saturday, Sept. 20
Mandatory Pre-Trip Meeting: Wednesday, September 17, 7 PM at the ARC*
This area is heritage rich and offers spectacular sites. Cycling is made easy with a maximal 2% grade made by an age old rail road grade. The main interests will be the tunnel the trail is named for, and a giant trestle bridge. You will learn of the history area along the way from your guide and by visiting the site museum. Prices include all transportation/fuel, and trip leaders. Bicycle must be provided. Price: S/M/E=$113 U=S130

Buffalo River
Scenic Canoe Tour #141058
Trip Date: Friday, September 26 to Sunday, September 28
Mandatory Pre-Trip Meeting: Wednesday, September 24, 7 PM at the ARC*
In the very heart of the Ozarks lies the Boston Mountain Range and from that comes the Buffalo National River. As America's first National River, the Buffalo descends 2,000 feet from its source in the mountains creating cliffs higher than any near southern Illinois. Our stay will include two nights at a facilitated National Park Service site, a country side road tour, and of course, a scenic canoe tour. Sit around a campfire, swim in the river, or swing a hammock during your relaxation time. Join us for this most incredible opportunity to seek adventure in a new way. Prices include all transportation, equipment/gear, guides, and fun. Price: S/M/E=$113 U=S130

Rock Climbing at Red River Gorge #142254
Trip Date: Saturday, October 11 and Sunday, October 12
Mandatory Pre-Trip Meeting: Wednesday, October 8, 7 PM at the ARC*
Southern Illinois offers many different areas for climbers, but Kentucky offers one of the most premier technical climbing areas in the Midwest. Red River Gorge has cliffs for all experience levels and is known for its bouldering capabilities. This is the weekend for the savvy rock climber that wants to camp and talk about the climbs they did that day. No experience needed; talented welcome. Prices include transportation, camping/climbing equipment, and leader. Price: S/M/E=$76 U=S86

Cache River
Canoe/Kayak #141052
Trip Date: Saturday, October 18
Mandatory Pre-Trip Meeting: Wednesday, October 15, 7 PM at the ARC*
Not many have explored this area by way of water. This is the only natural remaining cypress swamp in the surrounding area. Choose your weapon: canoe, kayak, or a tandem kayak with a friend. We will snake approximately five miles through the areas swamplands and world record cypress trees. No experience needed for this experience. Prices include equipment, transportation, and guide for the day. Price: S/M/E=$22 U=S25

Panther's Den Wilderness Exploration #141053
Trip Date: Saturday, October 25 and Sunday, October 26
Mandatory Pre-Trip Meeting: Wednesday, October 32, 7 PM at the ARC*
Canoe, camp and hike in the hidden wonders of Panther's Den. Your trip will begin by canoeing the wilderness area and finding a remote campsite. Following your campsite selection, your guide will lead you through the area by foot to nearly untouched areas of natural wonder. No experience needed, a basic canoe instruction will be provided. Prices include all transportation/fuel, equipment, and trip leaders. Price: S/M/E=$29 U=S33

Garden of the Gods
Backpacking #141154
Trip Date: Saturday, November 8 and Sunday, November 9
Mandatory Pre-Trip Meeting: Wednesday, November 5, 7 PM at the ARC*
Hear nothing but nature in this environmentally protected wilderness area of the Shawnee National Forest. We will penetrate deep into nature and camp at remote locations bringing only what is strapped to our backs. In two days we will explore much of the wilderness, including parts of the River to River Trail system. Seclusion and relaxation is an objective for this trip. Prices include all transportation/fuel, equipment, and trip leaders. Price: S/M/E=$33 U=S38

Big Muddy River
Route Canoeing #141057
Trip Date: Saturday, Nov. 15
Mandatory Pre-Trip Meeting: Wednesday, November 12, 7 PM at the ARC*
For most, this river offers views from high above on the bluff ridges. To us it is a prize for canoeing. We will float along the river bottom bluffs in the area known as the Little Grand Canyon. This area is known for the Great Blue Heron and many other bird species. This day is geared to those who want a lot of sights with little paddling. No experience needed; instruction will be provided. Prices include transportation, canoe, equipment, and guides for the day. Price: S/M/E=$20 U=S23

More info? Call Outdoor Adventure Programs at 453-1285

Trips requiring travel are not open to members of the community.

www.siu.edu/~oirs (618) 536-5531

*SAC (Adventure Resource Center) is located on the bottom level of the Recreation Center go past the equipment desk and around the corner to your right it is across from free-weight room.
* Sign up for trips at Information Desk.
S/M/E=SIUC Student/SRC Member Emeritus
U=SIU Affiliated

Fall 2003 Campus Recreation

3 Get Outdoors!
Yoga, Meditation, & Fitness Energizers
Exercise for the Body, Mind, & Spirit

Hatha Yoga
Beginner (Level 1) #111531
An introduction to the various yoga postures and breathing practices. The focus is concentrated in alignment, coordination of breath and lengthening of how far to go in the stretch and how long to safely hold it without injuring your body. Section A: Sept. 2 - Oct. 7 Tuesdays, 5:00 - 7:00 pm Section B: Oct. 14 - Nov. 18, Tuesdays, 5:00 - 7:00 pm Location: Racquetball Court #2 Prices: S/M/E = $33 U/C = $50* Min: 8 Max: 20 Instructor: Eliza Burke

Ashtanga Yoga
A form of power yoga. It synchronizes movement with breath, building strength, flexibility, endurance, and balance. Most postures are held for only a few breaths before we move on to the next, building internal heat to cleanse the body and focus the mind. Come prepared to sweat! This class is suitable for people of moderate to high fitness levels. Beginning #111533
Section A: Sept. 4 - Oct. 9
Exception Date: September 1 Section B: October 6 - Nov. 20 Tuesdays & Wednesdays, 4:30 - 6:00 pm Location: Dance Studio Prices: S/M/E = $39 U/C = $56* Min: 12 Max: 30 Instructor: Heather Petyy

Cultivating Mindful Awareness #111531
Mediation is the practice and process of paying attention and focusing your awareness. This class will explore some basic skills that will start you on your path to mindful awareness. As your commitment to meditation deepens, you will experience the benefits of regular meditation practice, such as reduced tension, anxiety and stress and increased understanding and self-awareness. Times: Sept. 0 - Sept. 30 Tuesdays, 7:00 - 8:15 pm Location: SRC Conference Room Prices: S/M/E = $16 U/C = $33 Min: 8 Max: 20 Instructor: Moti Vorgas

Group Strength Training
Nautilus Equipment
Section B: September 30 & October 7 Tuesdays & Thursdays, 5:00 - 6:00 pm Instructor: Jenna Bronaugh
Location: SRC Fitness Forum Price Per Session: S/M/E = $18 U/C = $33* Min: 4 Max: 6

For Actives: Adults (Age 55+): #111528
September 2 - 18 Tuesdays & Thursdays, Noon - 1:00 pm Instructor: Jenna Bronaugh
For women only: (#111527) October 2 - 23 Tuesdays & Thursdays, Noon - 1:00 pm Instructor: Jenna Bronaugh
Location: SRC Fitness Forum Price: S/M/E=$46 U/C=$53* Min: 4 Max: 6 * Includes entry into the SRC.

www.siu.edu/~oirs
(618) 536-5531
**Why Hire a Massage Therapist?**

We've all thought it, heard it or said it before, "I need a massage." Massage Therapy provides relief to people from all walks of life. The weekend athlete, the home gardener, the over stressed executive, secretaries, college students, laborers, virtually anyone can feel a need for massage therapy sooner or later. A massage therapist's trained and caring touch can have profound effects on your physical, mental and emotional health. Remember, this is the only body you're going to get. Take great care of it!

**Benefits of Massage To The Quality Of Life:**

* Instantly stimulates the "relaxation response" by promoting deeper, easier breathing.
  * Reduces head, neck and shoulder tension caused by poor posture, injury, and mind/body stress.
  * Relieves eye fatigue from long periods of reading by improving circulation & releasing tension around the eyes.
  * Helps manage stress of note-taking and keyboard typing by rejuvenating sired hands and wrists.
  * Helps to relax nervous "fight-or-flight" energy which accumulates in the belly region.
  * Enhances sports performance by promoting increased circulation, flexibility, and reduction of delayed-onset muscle soreness after activity.
  * May reduce test anxiety.*

**Massage Therapy:**

Seated "Chair" Massage
Offered at the SRC Sports Medicine Office as an excellent opportunity to relieve tension in neck, back, and shoulder muscles. Clients remain fully clothed and no oils are used.

Chair Massage Prices:
- 15 minutes: $14
- 30 minutes: $24

30 Minutes ($914328): $45
45 Minutes ($914329): $60
60 Minutes ($914330): $75

**Table Massage**
These massages are done on a specially-designed table in the SRC Sports Medicine Office. A variety of massage techniques will be used. Generally 1-3 areas of the body can be treated in a 30-minute session. A 60- or 90-minute session is appropriate for either a full-body massage or therapy geared toward a client's problem areas.

**Campus Workplace Seated "Chair" Massage:**
Increases productivity and morale; makes work literally less of a "pain in the neck" - makes everyone feel so good! Offered at campus workplaces using a special, portable massage chair. Massage therapy in the workplace provides an opportunity to soothe away the effects of work-related stress. Time may be shared. A great gift idea!

**The Gift of Massage:**
A massage is a great gift anytime of the year but especially for occasions such as:
- Birthdays
- Anniversaries
- Graduations
- Valentine’s Day
- Secretaries Day
- Boss's Day
- Employee Appreciation
- Other Special Occasions

Note: The price of the massage you choose as a gift is determined by your affiliation, not the affiliation of the recipient.

**Techniques Used:**
- Swedish Massage
- Neuromuscular Therapy
- Myofascial Release
- Shiatsu & Acupressure
- Sports Massage
- Reflexology

**For more information about Massage, call 453-1263.**

**Certified Massage Staff:**
Betsy Bishop, LMT, BS, NCTMB
William (Bill) Centell, LMT, MA
Sheryl Hinchcliff, LMT
Steve Horvath, LMT, NCTMB
Frances (Fran) Holly, UM, RN, NS

All of our therapists are licensed by the city of Carbondale and are members of the American Massage Therapy Association.

**S/M/E=SIUC Student/ SRC Member/Emeritus**
U=SIU Affiliated

*The price of a massage includes entry fee to the SRC.*

**Table Massage Prices:**

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**For treatment of 1 - 3 areas of the body for 30 minutes:**
- $26
- $50
- $70

**Full Body Massage: 60 minutes:**
- $30
- $50
- $70

**Each massage therapy package and gift certificate expires four months from the date of purchase.**

---

**SALUKI FINALS FINISH**

December 7, 8 & 9
6 pm - Midnight
Student Recreation Center

Giveaways! Workout until midnight!

Study areas!

Free Food & Beverages for all SIUC students!

www.siu.edu/~oirs (618) 536-5531
Youth Programs

Swim Lessons for Kids

comfortable in the water and with previous instruction without the aid of the parent.

Skills 1 (4-6 yrs.)
(131003/132003): Helps students become comfortable in and safely enjoy the water.

Skills 2 (5-8 yrs.)
(131004/132004): Aids children to achieve success with fundamental water skills.

Skills 3 (6-9 yrs.)
(131005/132005): Builds on Skills 2 abilities by providing guidance and practice.

Skills 4 (6-10 yrs.)
(131006/132006): Intermediate Strokes develops confidence in the strokes learned previously and improves aquatic skills.

Skills 5 (7-12 yrs.)
(131007/132007): Advanced Strokes coordinates and refines key strokes.

Skills 6 (8-18 yrs.)

Location: Puliam Pool Price: $M = $30 U/C = $35 Registration: SRC Information Center

Recreation Programs for Kids

Youth Aikido
Ages: 7 - 15 years old Session A:(#121122/A) - Beginning When: Sept. 4 - Nov. 22 Time: Thursdays, 4:45 - 6:00 pm & Saturdays, 1:00 - 3:00 pm Description: Aikido is a martial art whereby the student develops a strong body and a mind that is calm and free of contentiousness. It is a physical process with a spiritual result. The actual practice of Aikido, correctly done, is strenuous but not violent, demanding but not rough. The goal is smooth completion of action with no sense of conflict between partners. Price: $M=$70 U/C=$80

Youth Tennis (#121154) Ages: 7 - 15 years old When: Sept. 6 - Oct. 11 Time: Saturdays, Noon - 1:30 pm Where: Meet at the Law School Tennis Courts. Description: Join us for a fun game of tennis. Children will be grouped according to skill level. Price: $M=$55

Youth Pee Wee Tennis (#121156) Ages: 4 - 6 years old When: Sept. 6 - Oct. 11 Time: Saturdays, 11:00 am - Noon Where: Meet at the Law School Tennis Courts. Description: This is a program specifically designed for young children to learn the basics of tennis and to prepare them for the next level. Join us for some action on the courts! Price: $M=$53 U/C=$48

Fencing I (#121114A)
Agé: 8 - 12 years old
When: Sept. 7 - Oct. 12
Time: Sundays, 3:00 - 4:00 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.

Description: This program will introduce classic foil fencing that will develop hand-eye coordination, reflexes, poise and self-confidence. Foil fencing is an exciting sport with a focus on strategy, athleticism, friends and fun.

Price: $M=$530 U/C=$540

Fencing II (#121114B)
Agé: 8 - 14
When: Oct. 19 - Nov. 16
Time: Sundays, 3:00 - 4:00 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the activity area.

Description: This program will introduce classic foil fencing that will develop hand-eye coordination, reflexes, poise and self-confidence. Foil fencing is an exciting sport with a focus on strategy, athleticism, friends and fun.

Price: $M=$530 U/C=$540

Family Swim Time (#133250)
Dates: Registration August 5 Section A: Sept. 16 - Dec. 2 (except November 25) Day and Time: Tuesdays, 7:30 - 8:30 pm Section B: Sept. 16 - Dec. 2 (except November 25) Day and Time: Tuesdays, 7:30 - 8:30 pm Location: Puliam Pool Price: $35 per family Registration: SRC Information Center Min. Enrollment: 4 families Max Per Section: 10 families
Youth Dance Programs

Pre-Ballet (#123106/D)
Ages: 4 - 6 years old
When: Sept. 6 - Nov. 15
Time: Saturdays, 3:30 - 4:15 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This class will improve coordination, posture, flexibility and concentration skills by doing movement activities and beginning ballet routines which will delight the young dancers.
Price: S/M=S48 U/C=S58

Ballet I (#123106/A)
Ages: 5 - 9 years old
When: Sept. 6 - Nov. 15
Time: Saturdays, 11:00 am - Noon
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: Previous ballet or dance experience is not necessary for participation. Young dancers will learn ballet routines, which include barre exercises, center work, corner work, stage details and French terminology.
Price: S/M=S51 U/C=S61

Ballet II (#123106/B)
Ages: 7 & Above
When: Sept. 6 - Nov. 15
Time: Saturdays, Noon - 1:00 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This technique class, which includes barre, center, allegro and more, will present the fundamentals of classical ballet emphasizing the joy of dance.
Price: S/M=S51 U/C=S61

Ballet III (#123106/C)
Ages: 9 & Above
When: Sept. 6 - Nov. 15
Time: Saturdays, 1:30 - 2:30 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: Participants will further their development of ballet technique. Vocabulary will be expanded as it relates to center floor allegro and pirouettes. Previous dance experience recommended.
Price: S/M=S51 U/C=S61

Teen Ballet I (#123106/F)
Ages: 13 & above
When: Sept. 7 - Nov. 16
Time: Sundays, 2:15 - 3:30 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This class will introduce classical barre exercises and progress to center floor work including basic combinations and jumps. Stretches to improve flexibility will also be included.
Price: S/M=S55 U/C=S65

Jazz/Modern (#123106/G)
Ages: 8 & above
When: Sept. 6 - Nov. 15
Time: Saturdays, 2:30 - 3:30 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: Jazz and Modern dance will be introduced and will develop students' rhythm, coordination, gracefulness and flexibility while they have fun.
Price: S/M=S51 U/C=S61

Poine II (#123106/H)
Ages: 13 & above
When: Sept. 7 - Nov. 16
Time: Sundays, 4:00 - 5:00 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: The study of Pointe is a very special area of ballet technique. Developing strength and easy execution with exact articulation will be the goal of this class.
Price: S/M=S51 U/C=S61

Beginning Tumbling and Rhythmic Gymnastics (#121113)
Ages: 4 - 10 years old
When: Oct. 12 - Nov. 16
Time: Sundays, 1:00 - 2:15 pm
Where: Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.
Description: This program will introduce elementary tumbling and sports acrobatic tricks accompanied by music. This class will improve agility, balance and introduce rhythmic gymnastics with hoops and balls.
Price: S/M=S35 U/C=S45

Note: All dance classes are open to both boys and girls. Students taking intermediate classes are encouraged to register for more than one class.

www.siu.edu/~oirs  (618) 536-5531

The 10% Multiple Program discount applies to each second child or program of equal or lesser value.

Registration will begin August 4th.

More info? Call 453-1267
Welcome. The upcoming months are going to be packed with excitement as you begin your education here at Southern Illinois University Carbondale. You will meet new people, go new places, and try new things. Our staff at the Office of Intra­mural-Recreational Sports hopes that the Student Recreation Center (SRC) will be one of those new places you explore. The SRC offers a large variety of programs and services for YOU. As an enrolled SIUC student, you are eligible to use the facility and participate in its programs. Your SRC fee has already been included in your University fees when you enrolled for classes. With the exception of paying fees for certain programs, all you have to do is come to the SRC or any of its facilities and have fun.

As the semester progresses, you will be busy and spend less time recreating. Don’t let recreation and exercise become a luxury. You will be more successful in your studies if you take time each day to recreate. Recreation can be any physical activity that helps you to become stronger, faster, or just to have fun. This gives your mind time to rest and prepare for homework and classes. An equal balance of school and recreation helps relieve stress. So start now!

No matter what sport or activity you’re interested in, the Student Recreation Center has the right one for you! With dozens of programs and activities, there is always something to do. Look through the following list of activities and find those that interest you and then come in, show up, and start having fun.

For more information on International Student Recreation, call Kathy Hollister at 435-1267 or check out our website at: www.siu.edu/-oirs
Private Swim Lessons
- Days and Times: Scheduled on an individual basis. Lessons can be tailored to fit any swimming level. There is a 1:1 or 1:2 instructor-to-student ratio. Sessions are 30 minutes in length.
- Price: $60/week
- Example: First session: $60 for 1 week
- Registration: SRC Information Center

Community First Aid & Safety (#131052)
- Session A: October 14 & 16
- Session B: October 27 - November 19
- Location: Student Recreation Center
- Times: 6:00 pm - 7:00 pm
- Days: Mondays and Wednesdays
- Price: $5 payable to Instructor the first day of class.

Adult Group Swim Lessons (#131201)
- 8 Lessons
- Session A:
  - Days: Mondays and Wednesdays
  - Dates: September 15 - October 8
- Session B:
  - Days: Mondays and Wednesdays
  - Dates: October 27 - November 19
- Times: 6:00 pm - 7:00 pm
- Location: SRC Pool
- Registration: SRC Information Center
- Sessions for adults.

CPR & First Aid Training
- Adult CPR (#133051)
  - Session A: Tuesday, Sept. 9
  - Session B: Wednesday, Oct. 8
  - (You only need to attend one of the above sessions)
- Time: 6:00 pm-10:00 pm
- Location: Student Recreation Center
- Skills taught include rescue breathing, care for choking victims, and adult CPR. Price includes text, instruction, and certification processing.
- Price: $10 payable to SIUC at registration; $18 payable to American Red Cross at the beginning of class; $5 payable to Instructor the first day of class.
- Minimum Enrollment: 4

CPR For The Professional Rescuer (#133051)
- Session A: October 14 & 16
- Student Recreation Center
- Time: 6:00 pm-10:00 pm
- Price: $22 payable to the instructor the first day of class.
- Registration: SRC Information Center

Swim Lesson Supervisor:
- Erin McGuire 453-1276

Swim Out 20 yards, retrieve a 10-pound brick from 7-foot depth and swim back with the brick.

Lifeguard Training
- Lifeguard Training (#131151)
- Lifeguard Training uses American Red Cross course curriculum in basic lifeguarding skills. Topics to be covered include care for injuries, illness, and medical emergencies.
- Skills of water rescue will also be taught emphasizing pool lifeguarding only. Lifeguard training classes are conducted by American Red Cross Lifeguard Instructors.
- Course completion does not guarantee employment.
- Course Prerequisites:
  - *15 years of age
  - *300-yard swim including 200 yards of breast stroke and 200 yards of free style
  - *Swim out 20 yards, retrieve a 10-pound brick from 7-foot depth and swim back with the brick.
- Days and Time:
  - September 30 - November 20
  - Tuesdays and Thursdays
- Times: 6:00 pm - 9:00 pm
- Location: SRC Pool
- Price: $90
- $20 payable to SIUC at registration
- $15 payable to American Red Cross the first night of class.
- $25 payable to the instructor the first day of class.
- Price includes instruction, texts, and certification processing.
- Registration: SRC Information Center
- Minimum Enrollment: 6
- Lifeguard Training Supervisor: Erin McGuire 453-1276

Women’s Swimming (#124352)
- Dates: September 13 - December 6
- (except Oct 11, Nov. 22 & 29)
- Days and Time:
  - Saturdays, 11:15 am-11:50 am
  - Location: Pulliam Pool
  - Price: $225 payable to the instructor the first day of class.
  - International women are encouraged to participate in this class for women only ages 17 or older. Only female lifeguards will be present.
  - The beginner-level class focuses on fundamental skills to increase comfort and confidence in the water. Advance registration fee required at the SRC Information Center.
  - Prices: SDE = $15
  - U/C = $20

Swim Lesson Supervisor:
- Jessi Lawson 453-1275

Swim Lesson Supervisor:
- Martin King 453-1276

Swim Lesson Supervisor:
- Mickie Stovall 453-1275

Scuba Diving (#131101)
- Session A: August 21 - September 29 (except September 22)
- Session B: October 9 - November 13
- Times: 6:00 pm - 9:00 pm
- Location: SRC Pool
- This course consists of 10 evening sessions of alternating classroom and in-water work. Students will achieve four open-water dives and will be issued a certification card upon satisfactory completion of the class.
- Price: $275 (see below)

Registration: SRC Information Center
- Minimum Enrollment: 4

SCUBA
- SCUBA Diving (#131101)
- Registration: SRC Information Center
- Minimum Enrollment: 4

CPR & First Aid Training
- All CPR and First Aid classes offered through the Office of Intramural-Recreational Sports are taught by American Red Cross Certified Instructors. The classes are offered in conjunction with the Little Egypt Chapter of the American Red Cross.
- Registration fees are paid at the Information Center on the upper level of the SRC. Certification cards will be mailed to participants who have successfully completed the certification process.

CPR and First Aid Supervisor:
- Erin McGuire 453-1276
- or 536-5521

More Info:
- Call Aquatics Programs at 453-1376.

More Info:
- Call Aquatics Programs at 453-1376.
Any student who has a great love for "alternative" sports such as fencing, badminton, or a desire for healthy competition, should get involved in an OIRS sport club. Sport clubs at SIUC offer students the chance to participate in an extracurricular activity and further an interest that may not have been offered in their particular high school.

The diverse types of sports offered range from team sports such as lacrosse, rugby, and water polo to individual activities such as fencing, Aikido, judo, and racquetball. Some sport clubs have separate men's and women's teams, while others are coed.

Each club meets at different times during the week to practice and many compete in tournaments with other universities. These tournaments allow members of a club to travel, meet students and clubs from other schools with similar interests, and practice in friendly sports competition.

Sports are a great means of relieving stress and afford students the chance to develop a feeling of belonging and team spirit. Through opportunities such as the OIRS sport clubs, the obstacle of finding new friends and developing a sense of belonging in a sea of unknown faces is often lessened if not resolved. The pleasure and entertainment derived from sport participation can do wonders for the body and soul.

Here is a list of the different sport clubs at SIUC and a brief description of each one. If you want to get involved with a current sport club, need more information, or would like to start a new sport club that is not offered, then call 453-1376.

### Aikido Club
Aikido Club has been active at SIUC for thirteen years and welcomes all interested participants of any skill level. Aikido is a modern Japanese martial art which stresses noncontact and fluidity of motion while performing.

### Badminton Club
Badminton Club meets twice a week (Friday evening and Sunday afternoons, usually on Court 1) for informal play. All levels of players participate, from beginner to advanced, both male and female. Nets and shuttles are provided. Tournaments are held a few times a year for those interested.

### Cycling Club
Cycling Club offers a great outlet for those who enjoy both street and mountain biking. Members travel and compete throughout the Midwest and the only requirement is that you have a bike.

### Equestrian Club
Equestrian Club promises a great horseback adventure while you learn the fundamentals of riding or developing your skills. Members of the club can compete through an affiliate of the Intercollegiate Horse Show Association in a schedule of shows.

### Fencing Club
Fencing Club focuses on teaching sportsmanship and fostering skills in this exciting and civilized sport. The club will travel to St. Louis throughout the year to compete and host an event in the spring. Instruction is offered to members and practice is held weekly. Semester dues include access to equipment and lessons.

### Karate Club
Karate Club utilizes the Shotokan style of Karate emphasizing self defense, physical, emotional, and mental fitness. This club is open to anyone who is interested in learning Karate.

### Outdoor Adventure Club
Outdoor Adventure Club offers the opportunity to experience the exquisite natural areas of southern Illinois. Activities include, climbing, biking, camping, and hiking. Membership is open to all and some equipment will be supplied.

### Bowling Club
Bowling Club meets on Mondays, Wednesdays, and Fridays from 6-8 pm. The club practices the traditional Chinese Martial Art of Chow Gar Southern Praying Mantis.

### Kendo Club
Kendo Club provides the opportunity to expand your cultural horizons and go beyond traditional sports. This Japanese style of fencing teaches you to move faster and think quicker.

### Lacrosse Club
Lacrosse Club guarantees all members will never be bored while participating in this fast-paced field sport. The club travels to Midwest tournaments and competes against other universities in Illinois. No previous knowledge of the sport is required and all males at SIUC can join.

### Baseball Club
Baseball Club brings the All-American pastime to SIUC. Players of any skill level are invited to come out and compete against other universities across the Midwest while having fun.

### Canoe and Kayak Club
Canoe and Kayak Club welcomes all new students regardless of their experience or skill level! Paddle down a river and lake and experience the exquisite natural beauty throughout the region. Practices are held weekly in the Rec Center Pool and membership is open to anyone.

### Kung Fu Club
Kung Fu Club meets in the Martial Arts Room in the Student Recreation Center. The group meets on Mondays, Wednesdays, and Fridays from 6-8 pm. The club practices the traditional Chinese Martial Art of Chow Gar Southern Praying Mantis.

### Outdoor Adventure Club
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### Paintball Club
The Paintball Club is now forming. If interested, call 453-1376 for more information.
Racquetball Club practices this popular sport which is an ideal activity to enhance your fitness level and coordination. The club competes in leagues and tournaments and works to improve individual skills.

Soccer Club is dedicated to the development and advancement of the skills necessary to excel in competition. Teams compete against regional universities and offer the chance to be a player in this thriving international sport.

Rodeo Club prepares members for the riding and roping competitions that are becoming increasingly popular at the collegiate level. Experience this thrilling sport by joining this affiliate of the National Collegiate Rodeo Association, and show off your skills at the many collegiate rodeos across the region.

Roller Hockey Club is the largest sport club at SIUC and offers opportunities for all levels of play, including travel. Skating skills are necessary and the club invites women to join.

Rugby Club competes in the fast paced, physical sport combining both football and soccer skills and offers a challenge to all athletic types. Both men and women teams travel to and host numerous tournaments and matches throughout the year. No skill or knowledge of the sport is required to join the club.

Table Tennis Club invites all students and faculty at an intermediate and advanced level to travel to tournaments and play against other club members. This challenging recreational activity will sharpen eye-hand coordination and reflex skills.

Triathlon Club offers the ultimate in physical fitness competition. Their focus is on training in running, swimming, and biking. Members will travel to other areas for competitions and interact with others who enjoy this sport. All skill levels are welcome.

Ultimate Frisbee Club ensures you will be fascinated when playing this energetic and unique sport involving the aspects of football and soccer. Come out and learn with others while getting a great physical workout.

University Martial Arts Club welcomes anyone who wants to explore the vast world of martial arts. The primary focus of the club is the Gracie Jiu Jitsu discipline originated in Brazil and practicing street fighting concepts.

Volleyball Club invites everyone to participate in their slam, trick, and ramp events. No skills are required and lessons are taught by professional instructors on Crab Orchard Lake east of Carbondale.

Weightlifting Club offers the opportunity to meet and interact with others who enjoy weight training. The club hosts an annual body building show, speakers, seminars, and power lifting. Membership is open to anyone.

Windsurfing Club enjoys the sun and beauty of the spectacular local waterways and develops skills to successfully compete in this exciting sport. No previous experience is necessary, only a desire to learn and have fun.

University Ski Club invites everyone to participate in their slalom, trick, and ramp events. No skills are required and lessons are taught by professional instructors on Crab Orchard Lake east of Carbondale.

Yoga Club provides an outlet to explore meditation, yoga postures, and massage. The club participates in short group talks after each meeting and hosts a vegetable dinner every Friday night. Relax and enjoy the benefits of yoga by joining this organization today.

Visit www.rs.siu.edu/-oirs to learn more about our clubs and how you can get involved!

Call 453-1376 to get involved!
Middle Eastern Dance (Beginning) #111108
If you are looking to add a new dimension to your life, learn the basics of belly dancing. It is a great way to reduce stress, increase flexibility/coordination, and center yourself on a personal level. Exercise, relax, and have fun at the same time. No previous dance experience necessary.
Times: Sept 2 - Nov. 11
Tuesdays, 5:30 - 6:30 pm
Location: Room 138
Prices: S/M/E = $25 U/C = $43*
Min: 11 Max: 25
Instructor: Tedi Thomas

Swing Dance (Beginning) #111109
You've seen it and liked it and wished you could do it, too. Now you can. If you want to learn how to do this exciting and fun dance with all the spins and turns, this is your chance. Sign up today and join us in the fun.
Section A: Sept. 10 - Oct. 1
Wednesdays, 8:00 - 9:30 pm
Section B: Oct. 15 - Nov. 19
Wednesdays, 8:00 - 9:00 pm
Location: Dance Studio
Prices: S/M/E = $23 U/C = $40*
Min: 8 Max: 20
Instructor: Areezai King

Purchase 2 sections, receive a 10% discount.
S/M/E = $41 U/C = $72*

Modern Dance (#111107)
This class combines basic ballet techniques and creative movement into a unique form of dance and expression. It will also provide stretching to relieve tension and stress and help you work up a sweat. Most of all, it's fun way to exercise.
Section A: Aug. 27 - Oct. 1
Wednesdays, 7:00 - 8:00 pm
Section B: Oct. 15 - Nov. 19
Wednesdays, 7:00 - 8:00 pm
Location: SRC Dance Studio
Prices: S/M/E = $23 U/C = $40*
Min: 8 Max: 20
Instructor: Barbara Niechciol

Ballet (#111101)
Dance is the most enjoyable way to develop flexibility, strength, balance, and grace. Learn the fundamentals of ballet which help to develop self-confidence, posture, and body-awareness while serving as a foundation to all other forms of dance.
Section A: Aug. 25 - Oct. 6
Mondays, 7:00 - 8:00 pm
Location: Dance Studio
Prices: S/M/E = $23 U/C = $40*
Min: 10 Max: 20
Instructor: Areezai King

Jazz #111105
This class teaches techniques on leaps, spins, and flows of movement. This class is great for both beginning and continuing students. It is great exercise and will improve flexibility. So come JAZZ up your life!!
Section A: Aug. 26 - Sept. 30
Tuesdays, 7:00 - 8:00 pm
Section B: Oct. 14 - Nov. 18
Tuesdays, 7:00 - 8:00 pm
Location: Dance Studio
Prices:
S/M/E = $23 U/C = $40
Min: 8 Max: 25
Instructor: Barbara Niechciol

Purchase 2 sections, receive a 10% discount.

Hip Hop #111113
Get in touch with your rhythmic being. Come in and explore our hip hop dance. No longer will you have to stand on the side lines while your friends have all the fun. Surprise them with some sultry dance moves. Express yourself!
Section A: Sept. 4 - Oct. 9
Thursdays, 8:30 - 9:30 pm
Section B: Oct. 10 - Nov. 20
Thursday, 8:30 - 9:30 pm
Location: Aerobics Room
Prices:
S/M/E = $23 U/C = $40*
Both Sections:
S/M/E = $41 U/C = $72*
Purchase both sections, receive a 10% discount.
Min: 8 Max: 20
Instructor: Jacob Fiedrich

* Price includes entrance fee into the SRC.

For more information call Instructional Programs at 453-1263.

(S/M/E = SIUC Student/SRC Member/Emeritus
U/C = SIU Affiliated/Community
(618) 536-5531

Your Student Rec Center is expanding.

The "NEW" Rec Sport Shop is your location for athletic gear and supplies.

The Rec Sport Shop...We're sporting your professional edge.

www.siu.edu/cirs
Q. Do you have trouble showing up three or four times a week to exercise?

Q. Are you uncertain how to use all the equipment or which equipment is right for you?

Q. Do you sometimes feel you are just "going through the motions" and not achieving the results you want?

Q. Have you reached a plateau in your progress?

Q. Is it difficult to motivate yourself to try harder each time?

Q. Do you need more guidance to get the most from your exercise program?

If you answered "yes" to any of these questions, you may need a personal trainer.

About Our Trainers...

Our trainers are qualified with credentials ranging from university degrees to certifications from accredited health/fitness associations. Male and female trainers are available. Our trainers have different specialties such as:

- Sport Specific Training: cycling, running, swimming, golf, tennis and basketball.
- Special Participants: persons with disabilities, overweight, medical concerns with physician release, pregnancy, pre- and postpartum, new exerciser, and post rehab fitness.
- Health/Fitness: water exercise, plyometrics, fitness assessment, biomechanics, office training, travel training, and advanced training.

A Trainer For Every Body!

Personalize your workout with one-on-one fitness training. Let one of our personal trainers introduce you to personal training and the benefits you'll experience. We stress client health improvement and fun through education, activity, nutrition, fitness assessments, and exercise program tracking. This service is ongoing and only available by appointment so call now!

Why Hire a Personal Trainer?

- Achieve faster results
- Challenging workouts
- Fun
- Improve self image
- Increase bone density
- Increase strength
- Learn proper progression
- Motivation
- Reduce body fat
- Reduce coronary risk
- Reverse aging process
- Performance enhancement
- Weight resistance training

What is a Personal Trainer?

A qualified personal trainer is someone who has the expertise, educational background and diagnostic know-how to design an individualized exercise program for a particular person.

Prices of Personal Training Packages:

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*Includes entry into the Student Recreation Center

Note: If you are not a SIUC student or member of the SRC, a $2 deposit (which will be refunded on day of use only) will be required to use the Student Recreation Center.

Why Is a Personal Trainer For You?

Sport Specific Training

Are you looking to improve balance, coordination, speed, strength, endurance, and flexibility? Our personal trainers specialize in performance enhance- ment for numerous recreational activities including tennis, golf, swimming, basketball, running and cycling.

How to Get Started:

Fitness Assessment

Step 1: Before hiring a personal trainer it is recommended, not required, that you complete a fitness assessment. These are free to SIUC students and SRC members at the SRC Sports Medicine Office. Call 453-1292 to make an appointment.

Nutrition Consultation

Step 2: It is also recommended, not required, that you have a nutrition consultation. These are free to SIUC students by the SIUC Wellness Center. Call 536-4441 for more information. If you are not a SIUC student, please make arrangements by calling 453-1263. There is an additional charge of $10 for this assessment.

Personal Training Packet

Step 3: After purchasing your desired Personal Training package, a complete Personal Training Packet will be provided for you. This packet will contain all necessary paperwork and instructions. If you have further questions regarding our PT program, you may contact our office at 453-1263 or 453-1275. Thank you.

Refund Policy:

Refunds on personal training packages will be given only for medical emergencies or extenuating circumstances. There will be a 25% cancellation fee. Packages expire 4 months from the date of purchase. Our office will accommodate requests for a change of trainer during this time.

www.siu.edu/~oirs
(618) 536-5531
Tai Chi System Programs

Instructed by:
Master Han - Chao Hwang

T'ai Chi Relaxation #111205
A Moving Meditation
This program is for both Beginning and Continuing students.
- General Chinese exercise; reduces stress
- Safe, natural & proven (2000+ years old)
- Reduces weight & promotes wellness
- Increases flexibility, strength, balance & endurance
- Relaxing & increases longevity
- Excellent cross-training benefits for athletes
- Improves mind-body coordination
- Lowers high blood pressure and promotes cardiovascular fitness
- Suitable for all ages

Section A: Sept. 2 - Oct. 9
Tuesdays, 7:00 - 8:00 pm
Location: Racquetball Court #3
Min.: 10 Max.: 20
Price: One Section: S22 S39*
Both Sections: S48*

Section B: Oct. 14 - Nov. 18
Tuesdays, 7:00 - 8:00 pm
Location: SRC Dance Studio
Min.: 10 Max.: 20

T'ai Chi Sword #111208
This program is for both Beginning and Continuing students.
- Learn this Chinese art of fencing
- Many mental & physical benefits
- Increases low body coordination
- Both fun and productive!

Section A: Sept. 4 - Oct. 9
Thursdays, 7:00 - 8:00 pm
Location: SRC Dance Studio
Section B: Oct. 14 - Nov. 18
Tuesdays, 5:30 - 6:30 pm
Location: Racquetball Court #3
Min.: 4 Max.: 12

Chinese Foot Massage #111202
This program is for both Beginning and Continuing students.
- Focus is on particular parts of the body as requested.
- Suitable for all ages (especially appropriate for women)
- Taught in a nonviolent manner

Section A: Sept. 2 - Oct. 7
Thursdays, 7:00 - 8:00 pm
Location: SRC Dance Studio
Min.: 10 Max.: 20
Price: One Section: S22 S39*
Both Sections: S48*

Chi Power #111201
This program is for both Beginning and Continuing students.
- Focus is on particular parts of the body as requested.
- Suitable for all ages (especially appropriate for women)
- Taught in a nonviolent manner

Section A: Sept. 2 - Oct. 9
Tuesdays, 7:00 - 8:00 pm
Location: SRC Dance Studio
Min.: 10 Max.: 20
Price: One Section: S22 S39*
Both Sections: S48*

Kung-Fu

An ancient form of martial arts that incorporates an effective self-defense regimen with an element of artistic expression. Kung-Fu is an excellent combination builder that truly focuses on self-discipline, self-respect, and respect of others. Though competitive opportunities are available, Kung-Fu focuses more on individual development. Both beginners and advanced students are welcome. If a student is physically limited in any way, the instructor will do his best to accommodate them by modifying techniques. Traditionally, there is no color belt system, but Mr. Davis has developed a color belt system for his own students to accommodate the American mindset in regards to Martial Arts.

About the Instructor:
Mr. Larry M. Davis began his Martial Arts training in 1977 and began his training in White Tiger Kung-Fu in 1990. He is currently ranked as a "third level" or Golden Dragon. Mr. Davis has taught continuously in this community since 1994. The instructor maintains a strict but friendly classroom atmosphere while stressing safety, passing on this traditional style, yet avoiding the injurious training methods often employed in traditional martial art systems.

Adult Program
This program is for both Beginning and Continuing students.
- Focus is on particular parts of the body as requested.
- Suitable for all ages (especially appropriate for women)
- Taught in a nonviolent manner

Section A: 111332A
August 27 - October 8 (exception date - Sept. 1)
Mondays & Wednesdays, 7:30 - 8:45 pm
Location: SRC Aerobics Room
Instructor: Marty Davis
Min.: 13 Max.: 30
Price: One Section: S/M/E=530 U/C=S47*
Both Sections: S/M/E=S54 U/C=S56*

Register for any two of the above classes and receive a 10% discount.
(May be 2 sessions of the same class or a combination.)

Discounted Prices (-10%):$40

S/M/E = SIUC Student/SRC Member/Emeritus
U/C = SIU Affiliated/Community
*Includes entry fee into the SRC.

For more information call 453-1263

Adapted T'ai Chi
- T'ai Chi can be adapted to fit the needs of individuals with disabilities
- Assists in rehabilitation process
- Increases strength and endurance
- Enhances health and functioning

About The Instructor
Han-Choa Hwang
Master Han C. Hwang is a high level T'ai Chi Master with forty-five years of experience in the practice of T'ai Chi. He was formerly the director and coach at the T'ai Chi Association of Taiwan. Since 1987, Master Han has been teaching T'ai Chi classes at Southern Illinois University Carbondale and private classes in the Carbondale area. Master Han is known as an excellent teacher who is very good with beginning students as well as those more advanced. He teaches T'ai Chi System Programs including: Relaxation, Self Defense, Sword, Chi Power (Qigong), Chinese Foot Massage, and adapted T'ai Chi. Master Han is also trained in Chinese Acupuncture. He teaches students how to control their Chi energy and send it through the acupuncture meridians creating a balanced condition that can make us live a healthier, stronger, and longer life.

Prices:
S/M/E U/C
T'ai Chi Relaxation $22 $39*
Chi Power $22 $39*
T'ai Chi Self-Defense $22 $39*

For more information call 453-1263.

www.siu.edu/~oirs
(618) 536-5531
## Fall 2003 Fitness Schedule

### Times

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 am-7:15 am</td>
<td>Early Bird Weight Training (AR)</td>
<td>Early Bird Cardio Crunch (AR)</td>
<td>Early Bird Weight Training (AR)</td>
<td>In the Deep (GW)</td>
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<tr>
<td>Noon 12:45 pm</td>
<td>Cardio Lunch (AR)</td>
<td>Cardio Lunch (AR)</td>
<td>Cardio Lunch (AR)</td>
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<td>2:00 pm-3:00 pm</td>
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<tr>
<td>5:00 pm-5:30 pm</td>
<td>Cardio Basics Hi/Lo (AR)</td>
<td>Cardio Basics Step (AA)</td>
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<tr>
<td>5:00 pm-6:00 pm</td>
<td>H2O Challenge (NA)</td>
<td>H2O Challenge (NA)</td>
<td>H2O Challenge (NA)</td>
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<tr>
<td>5:00 pm-6:00 pm</td>
<td>Weight Training (AR)</td>
<td>Weight Training (4H)</td>
<td>Great Balls of Fire (AR)</td>
<td>Salsarobics (AR)</td>
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<tr>
<td>5:00 pm-6:00 pm</td>
<td>Awesome Intervals (AA)</td>
<td>Team Training (AA)</td>
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<tr>
<td>5:15 pm-6:00 pm</td>
<td>*Ride Strong (RCS)</td>
<td>*Road Rally (RCS)</td>
<td>*Training Wheels (RCS)</td>
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<tr>
<td>5:30 pm-6:00 pm</td>
<td>Rock Bottom (AA)</td>
<td>Rock Bottom (AA)</td>
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<tr>
<td>6:00 pm-7:00 pm</td>
<td>Kickboxing (AA)</td>
<td>Kickboxing (AA)</td>
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<tr>
<td>6:00 pm-7:00 pm</td>
<td>Tour De Fitness (RCS)</td>
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<tr>
<td>6:00 pm-7:00 pm</td>
<td>Bring it on (AR)</td>
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<tr>
<td>6:15 pm-7:15 pm</td>
<td>Step-N-Jab (AA)</td>
<td>Step-N-Jab (AA)</td>
<td>Dance! (AR)</td>
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<tr>
<td>7:00 pm-8:00 pm</td>
<td>Cardio Hip-Hop (AR)</td>
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<tr>
<td>8:00 pm-9:00 pm</td>
<td>** Thai Box (MAR)</td>
<td>** Thai Box (MAR)</td>
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### Schedule Details

- **Cardio Basics**
  - Get the basics of hi/lo and step exercise while burning calories, having fun, and getting in SHAPE!

- **Awesome Intervals**
  - A full body workout using various equipment and/or teaching style to enhance cardiovascular conditioning.
  - A high-intensity workout that can be adapted for all fitness levels.

- **Early Bird Cardio Crunch**
  - Jump start your metabolism. Join us for an early morning workout, get up, get fit, and get going.

- **Cardio Lunch**
  - A 45-minute class that is perfect for the lunch hour exerciser. Cardio Lunch is a combination platter: the low-fat option!

- **H2O Challenge**
  - Training in water is gentle on your joints while providing a great resistance and cardio workout.

- **Salsarobics**
  - Move to the rhythm of the mamba. Try this new dance-based aerobics class to melt away those extra pounds.

- **In the Deep**
  - Experience the benefits of this great non-weight bearing form of exercise. Buoyancy belts are provided. Comfort in the deep water is highly recommended.

**Step-N-Jab**
- If you have a high intensity & challenging workout, you will want to come to this 1-hour interval class. You have the opportunity to do a step and box aerobics.

- **Team Training**
  - Bring your own team or join one when you get here. Each week, your team will tackle a new circuit that tests your speed, agility and power. Arrive 5 minutes early to learn the circuit drills for the session.

- **Great Balls of Fire**
  - Isolate, strengthen and stretch every muscle of the body. Because the ball demands balance, you'll work muscles you never knew you had! Fire those muscles and watch those pounds melt away.

- **Rock Bottom**
  - A 30-minute lower-body workout emphasizing abdominal, gluteal and thigh work. Body bars, weights, resistance tubing and your own body weight may be used.

- **Weight Training/Early Bird Weight Training**
  - A non-aerobic, strength session using the step, dumbbells, body bars or resistance tubing. Works the entire body.

- **Ride Strong**
  - Cycling drills followed by a strength training segment.

- **Road Rally**
  - Feel your energy surge with this fun, high powered 45-minute cycling class including drills, hills and sprints.

- **Tour de Fitness**
  - Feel the thrill of the race in this high-energy, 1-hour cycling class filled with sprints and hills like the Alps of France.

- **BIGDEN**
  - Group Fitness Classes are Free!
These facilities are also managed by the Office of Intramural-Recreational Sports. All areas are available for students!

Some facilities have limited hours and may require reservations.

Lake-on-the-Campus Beach is open noon - 4 pm every day (except during inclement weather). It will close Monday, September 1 at 4pm. Rent canoes, paddleboats, and rowboats at the Lake-on-the-Campus Boat Dock. The Boat Dock is open from noon - 6 pm every day. Rental for boats is only $1 per hour and Wednesday is Free day! The Boat Dock will close on Friday, October 25. There are six picnic areas available. There is also a new Frisbee Golf Course located by the boat dock in addition to the Frisbee Golf Course located by the SRC.

The Law School Tennis Courts are located west of the Lesar Law School and feature 6 lighted courts. Check the hours of operation on page 19. Call 453-3020 to reserve a court.

The three Lighted Playfields are located south of McAndrew Football Stadium on Route 51 and are used for flag football, softball, ultimate frisbee, and soccer. Check out Intramural Sports on the back page.

The Pulliam Gym is where the Intramural Floor Hockey League practices and plays (see the Intramural Sports Fall 2003 Schedule on page 20 for dates). Pulliam Pool is host to the Arthritis Foundation Aquatics Program (AFAP), Youth Swim Lessons (pg. 6) and morning and afternoon open swim times. These two facilities are used for a variety of capacities. Call 536-5531 for more information.

The Sport Club Fields are host to mens and womens rugby as well as ultimate frisbee and other events. Check out Sport Clubs on pages 10 and 11.

The Skateboard Park is located west of the Lesar Law School. It features 2 ramps, a fun box, grind rails, & a 3-foot half-pipe. Go to page 19 for hours of operation. Skateboarders and in-line skaters must wear elbow and knee pads and helmets. The Skateboard Park will close in mid-October and re-open in the spring.

The Jean Stehr Field is located behind Pulliam Hall along Mill Street and is used for baseball and soccer. Check out the International Soccer Cup tournament on page 8.

The University Tennis Courts are located south of McAndrew Stadium between Lincoln Drive and Route 51 and feature twelve tennis courts. The courts are also lighted for night time play. Check the hours of operation on page 19. Call 453-3020 to make court reservations.

The Wall Street Roller Hockey Complex is located on Wall Street just east of Brush Towers. Check out the Roller Hockey Club on page 11. The complex is also lighted for night games.
Women's Programs

**Women's Swimming**
*#124352*

**When:** Saturdays, Sept. 13 - Dec. 6 (except Oct. 11, Nov. 22 & 29)
**Times:** 12:15 pm - 12:50 pm

**Women's Water Workout**
*#123100*

**SECTION A**

**Mondays, Sept. 8 - Nov. 10**
7:30 pm - 8:30 pm

**SECTION B**

**Thursdays, Sept. 11 - Nov. 13**
7:30 pm - 8:30 pm

**This program is for women only:**
- **Min:** 4
- **Max:** 6
- **Instructor:** Jennifer Heibert
- **Location:** Pulliam Pool U/C
- **Prices:**
  - **SM/E = SIUC Student/SRC Member/Emeritus**
  - **U/C = SIU Affiliated/Community**
  - **$15**
  - **$20**

For more information, please call Kathy Hollister at 453-1267.

**Women's Water Workout**

**Small Group Strength Training #111257**

Learn to set realistic goals! A variety of training techniques and programs will be presented for you to choose the one that best fits your needs.

- **Days/Times:** Oct. 7 - Oct. 23, Tuesdays & Thursdays, Noon - 1:00 pm
- **Instructor:** Jenna Brunawng
- **Location:** SRC Fitness Forum
- **Prices:**
  - **SM/E = $530**
  - **U/C = $553**

For more information, please call Kathy Hollister at 453-1267.

**Women's Swimming**

**Women's Water Workout**

**Small Group Strength Training**

**Wellido #111509**

Wellido self defense is designed specifically for women and children and the types of attacks they may face. Each class involves hands-on practice of effective, easy to learn verbal and physical self defense techniques in a safe, fun, and supportive atmosphere.

- **Days/Times:** Sept. 8 - Dec. 1, Mondays, 6:00 - 7:00 pm (except November 24)
- **Location:** Dance Studio
- **Instructor:** Jennifer Heibert
- **Prices:**
  - **SM/E = $530**
  - **U/C = $553**

- **Min:** 10
- **Max:** 16

For more information on Small Group Strength Training or Wellido, please call Instructional Programs at 453-1263 or 453-1272.

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Membership Eligibility

University Affiliated (UA)
- SIU Faculty, A/P Staff, Civil Service
- SIU Emeritus
- SIU Alumni
- Spouses and dependent children, 12 - 17 years old, of eligible members and students

Application Procedures

Verification of eligibility is required when purchasing a membership pass. Acceptable forms of identification include a Driver's License or other picture I.D. AND one of the following items:
- SIU Faculty & Staff
- Current SIUC Faculty/Staff I.D.
- Certificate of Appointment Card, Spouse Card or Domestic Partner Card
- SIU Emeritus I.D. card
- SIU spouses & dependents age 17 and under
- SIU Alumni
- SIU diploma, original or photocopy
- SIU grad transcript, original or photocopy, verifying completion of 60 undergraduate or 15 graduate hours
- SIU Alumni Association Card with the year of graduation on the card

Verification of eligibility must be accompanied by a parent when purchasing a membership. Dependents under 16 years of age are not allowed to sponsor guests into the Student Recreation Center.

Membership Eligibility

Members General Building Hours:
- Monday - Friday 5:30 am - 10:00 pm

Verification of eligibility is required when purchasing a membership pass. Acceptable forms of identification include a Driver's License or other picture I.D. AND one of the following items:
- SIU Faculty & Staff
- Current SIUC Faculty/Staff I.D.
- Certificate of Appointment Card, Spouse Card or Domestic Partner Card
- SIU Emeritus I.D. card
- SIU spouses & dependents age 17 and under
- SIU Alumni
- SIU diploma, original or photocopy
- SIU grad transcript, original or photocopy, verifying completion of 60 undergraduate or 15 graduate hours
- SIU Alumni Association Card with the year of graduation on the card

Verification of eligibility must be accompanied by a parent when purchasing a membership. Dependents under 16 years of age are not allowed to sponsor guests into the Student Recreation Center.

Membership Privileges

- Guest sponsorship privileges.
- Free immediate family member access to the SRC.
- Reduced rates on youth programs, instructional programs, and Outdoor Adventure Trips.
- Free rec equipment checkout.
- Phone reservations for racquet ball, squash, and tennis courts.
- Canoeing, camping, and hiking equipment rental privileges from Base Camp.
- Locker and towel rental.
- Free use of SRC saunas & Pulliam Swimming Pool.
- Free use of Lake-on-the-Campus Beach (in season).
- Take-on-the-Campus Boat Dock canoe, rowboat, sail boat rental privileges (in season).
- Use of tennis courts at 3 campus locations.
- Use of the Wall Street Roller Hockey Complex.
- Use of Skateboard Park.

Membership - UA $58 $244

Lockers Rentals
- Box Locker only $6 $18
- Box Locker w/ Regular Towel $26 $78
- Box Locker w/ Luxury Towel $36 $108
- Any questions, call 536-5531.